

Spicy Lentil Tacos



Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 small jalapeno, finely diced
- 1 tablespoon chili powder
- 1/2 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon brown sugar (optional)
- 1/4 tsp cayenne pepper
- 2 cups cooked brown lentils
- 1 lemon, juiced
- 2 tablespoons tomato paste
- 2 tablespoons water
- 8 (6-inch) corn tortillas



Directions

1. Heat olive oil in a skillet. Sauté onions, garlic, and jalapeno over medium heat for about 8 minutes, until soft.
2. Add chili powder, oregano, cumin, brown sugar (optional), and cayenne pepper. Sauté for another minute.
3. Add cooked lentils and stir. Cook for about 2 minutes while stirring.
4. Add lemon juice, tomato paste, and water and mix well, stirring for an additional 2 minutes.
5. Heat tortillas in microwave or oven just until soft.
6. To prepare tacos: Top each tortilla with about 1/4 cup lentil taco filling, 1/3 cup shredded cabbage, 2 cherry tomatoes, 1/8 avocado, and 1 tablespoon fresh cilantro.

Nutrition Facts: Serving Size: 1 taco; Calories: 140; Total Fat: 3g; Saturated Fat: 0g; Sodium: 45mg; Total Carbohydrate: 25g; Dietary Fiber: 5g; Added Sugars: 1g; Protein 6g; Vitamin D: 0mcg; Calcium: 22mg; Iron: 2mg; Potassium: 275mg