

CHEESY LENTIL TACOS

Total Time: 25 minutes

Author: Colleen Woods | Source: [Zest Nutrition Services](#)

Yield: 4 tacos (2 servings)



EXTRAMILE



3/4 cup of red lentils



1/4 wedge of lettuce or cabbage



1 tomato



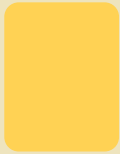
4 corn tortillas



1 Tbsp Canola or olive oil



2 Tbsp taco seasoning



1/2 cup shredded cheddar cheese



1/2 cup salsa



Lime wedges



Cilantro for garnish (optional)

TACO SEASONING

You can either use store-bought seasoning or you can make your own. If making your own, here's a quick recipe:

- 1 Tbsp paprika
- 1 tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp oregano
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- (if not using cheese on your tacos, you can add 1 tsp nutritional yeast for some cheesy flavor)

DIRECTIONS

If possible, rinse red lentils in a fine mesh sieve and then boil. If not, pour lentils directly into a pot of boiling water for 10 minutes.

While the lentils are boiling, prepare your toppings. Slice cabbage or lettuce into thin strips.

Dice tomato.

Heat corn tortillas in a pan over medium heat for about 3-4 minutes on each side. Remove from heat and place on your dinner plates. Add oil to the hot pan.

Once the lentils are done boiling, drain water. Add lentils to pan with oil and pour in taco seasoning. Stir for about 5 minutes just to heat and combine flavors.

Dish out lentils onto tortillas. Top with cheese, lettuce, tomato and sauce or salsa if desired. Garnish with lime wedges and cilantro.

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