



October 29- Lentil Tacos

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/lentil-tacos>

Recipe

Ingredients:

- 1 ½ cups dry lentils (sorted and rinsed)
- ¼ cup raisins
- 4 cups water
- ½ green pepper (chopped)
- 4 garlic (cloves, minced)
- ½ teaspoon hot pepper flakes (optional)
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon basil
- ⅔ cup tomato paste

Directions:

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Yield 6 servings

Nutrition Facts

Serving Size 1/6 recipe (253.72g)
Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 41g **14%**

Dietary Fiber 16g **66%**

Sugars 8g

Protein 14g **28%**

Vitamin A 15% • Vitamin C 30%

Calcium 6% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet.