

# WALNUT LENTIL TACOS



Submitted by Mike Bacha at Emory University Hospital, Georgia

SERVES 5 • PORTION 2 TACOS

## INGREDIENTS

- ¼ cup olive oil
- 2 cups mushrooms (cremini preferred), diced
- 1 tbsp. chili powder
- 1 tbsp. ground cumin
- ¼ cup onions, finely diced
- 2 tbsp. garlic minced
- 1 cup brown lentils
- 1 ½ cup water
- 4 tbsp. lime juice
- 1 tbsp. honey
- 3 cups shredded cabbage
- 1 large carrot, cut into matchsticks
- 1 medium cucumber, cut into matchsticks
- ¼ cup toasted walnuts, minced
- ¼ cup sundried tomatoes, minced
- 1 tbsp. nutritional yeast
- 2 tsp. salt
- 10 taco shells or 6" tortillas
- ¼ cup cilantro leaves

## PREPARATION

1. Heat olive oil in a pan over medium-high heat. Add mushrooms to pan and sauté for 3-4 minutes until their liquid starts to evaporate.
2. Add chili powder and cumin, stirring constantly for about 1 minute
3. Add onions and garlic to sauté until translucent, about 3-4 minutes
4. Add lentils and water. Bring to a boil then reduce heat to a simmer
5. While lentils are cooking, make slaw by mixing lime juice and honey together then stir in cabbage, carrot, and cucumber and set aside.
6. When lentils are tender but not falling apart (30-40 min.) stir in toasted walnuts, sun-dried tomatoes, yeast and salt.
7. Fill each taco shell with about 3 tbsp. of taco filling, then top with prepared slaw and garnish with cilantro.

