

# Healthy Recipe of the Month



## June

### Lentil Tacos

**ACTIVE TIME:**

10 Minutes

**TOTAL TIME:**

50 Minutes

**SERVINGS:**

6

**INGREDIENTS:**

- 1 teaspoon canola oil
- $\frac{2}{3}$  cup finely chopped onion
- 1 small clove garlic, minced
- $\frac{2}{3}$  cup dried lentils, rinsed
- 1 tablespoon taco seasoning, or to taste
- 1  $\frac{2}{3}$  cups chicken broth
- $\frac{2}{3}$  cup salsa
- 12 taco shells

**DIRECTIONS:**

- Heat oil in a skillet over medium heat. Add onion and garlic; cook and stir until tender, about 5 minutes. Add lentils and taco seasoning; cook and stir 1 minute.

- Add chicken broth; bring to a boil. Reduce heat to low, cover, and simmer until lentils are tender, 25 to 30 minutes.
- Uncover the skillet; cook until mixture is slightly thickened, 6 to 8 minutes. Mash lentils slightly; stir in salsa.
- Serve about 1/4 cup lentil mixture in each taco shell.

#### NUTRITIONAL INFORMATION:

##### Nutrition Facts

Servings Per Recipe 6

Calories 304

	% Daily Value *
<b>Total Fat</b> 10g	13%
<b>Saturated Fat</b> 2g	10%
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 714mg	31%
<b>Total Carbohydrate</b> 44g	16%
<b>Dietary Fiber</b> 9g	33%
<b>Total Sugars</b> 3g	
<b>Protein</b> 9g	19%
<b>Vitamin C</b> 3mg	3%
<b>Calcium</b> 67mg	5%
<b>Iron</b> 3mg	14%
<b>Potassium</b> 412mg	9%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\* Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.

<https://www.allrecipes.com/recipe/222610/tasty-lentil-tacos/>