

LENTIL TACOS & CILANTRO-LIME SOUR CREAM

These crispy vegan tacos are a combination of TASTY lentil taco meat rolled in a crispy corn tortilla and dipped in a cooling cilantro lime sour cream! Lentils are easy to cook and a great source of iron, fiber and vitamin B1! Try these out for taco Tuesday!



Ingredients

- 12-18 tortillas
- 1 1/2 cups lentils
- 1 lime
- 0.5 bunch cilantro
- 4 oz sour cream
- 3 cloves garlic
- 2-3 stalks of celery.

From your pantry

- 2 Tbsp. taco seasoning
- 0.5 onion (optional)
- Oil
- Salt and pepper

Equipment:

- Medium pot
- Large skillet

PREPARATION: 15 MIN

COOKING: 25 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. **Preheat oven to 400 °F.***

1. Rough chop **cilantro**. Mince or grate **garlic**. Small dice **onion**. Dice **celery** stalks.
2. *Cook lentils:* In a medium saucepan, place **lentils** and 6 cups water and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for 17 to 20 minutes or until tender but not mushy. Remove from pot and drain any excess water. Do not wash pot.
3. **Pre-heat oven to 400 °F.** Add 1 Tbsp. oil to previously used cup. Add **onion, celery, and garlic** and sauté for until softened. Add **lentils, taco seasoning, salt, pepper** and a few Tbsp. of water to incorporate. Cook stirring occasionally for a few minutes until lentils are seasoned and aromatics are softened. Add half of the **cilantro** and toss to incorporate.
4. Drizzle the bottom of a baking sheet with olive oil. Warm the tortillas in microwave for 30-60 seconds, just to get them pliable. Spread the lentil mix in the center and roll up. Place seam side down on baking sheet and repeat with remaining tortillas. Bake for 8 min, flip and bake for another 5 min.
5. *Meanwhile, prepare cilantro sour cream:* Place **sour cream, lime juice, remaining cilantro and a pinch of salt and pepper** in a food processor or blender. Mix until incorporated (or simply mix together!) Serve with tacos and pickled radishes! (recipe follows).

Tips, Tricks, & Terms:

Easy Pickled Radishes

- 1 bunch of radishes
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water



Slice radishes as thinly as possible. Add radish slices to a jar or reusable glass container. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt. Pour this pickling mixture over your sliced radishes and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks. Serve on top of tacos, bowls or salads!

A little about...

LENTILS: the dried seeds of legume plants, lentils are incredibly nutritious, and packed with protein. Often used for soups and stews, salads and sides, and feature prominently in Indian cuisine.

SMALL DICE: a 1/4 inch square. This cut is great for soups or curries because you can fit several pieces of vegetable on the spoon



The Sanneh Foundation serves the holistic youth development needs of the increasingly diverse Twin Cities metro area. Our mission is to empower youth by supporting and promoting educational attainment through in-school and after-school support, improve lives by providing programs that strengthen physical health and social and emotional development, and unite communities by advancing diversity, equity, and community well-being.

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