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

Directions

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

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).

Recipe brought to you by Dani Bowen | This recipe is: Vegetarian
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.

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