

Ingredients:

Lentil and Black Bean Tacos

4 whole wheat flour tortillas
1/2 cup dry lentils, sorted and rinsed
1 cup canned black beans, drained and rinsed
1 tablespoon chili powder
1 Tablespoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon dried leaf oregano
1 1/2 cups water

Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. Cook lentils in the water over medium-high heat until almost all of the water is absorbed (about 15 minutes).
3. When there is about 2 tablespoons of water left, add black beans and taco seasoning. Stir and continue cooking until all of the water is absorbed (about 2 minutes).
4. Serve in whole wheat tortilla with your family's favorite taco toppings.

Nutrition Facts (Per Serving)

Calories, 250; Carbohydrate, 46 g; Protein, 13 g; Total Fat, 4 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 9 g; Total Sugars, 1 g; Sodium, 470 mg; Calcium, 54 mg; Folate, 50 mcg; Iron, 4 mg; Calories from Fat, 14%.

Makes 4 servings, 1 taco each.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

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