



Lentil Tacos

INGREDIENTS

2 tbsp vegetable oil
1 yellow onion
1 tbsp chili powder
1 tbsp ground cumin
2 cloves garlic
1 jalapeño (optional)
[2 cups cooked green lentils](#)
Corn tortillas
Avocado
Tomatoes
Cabbage
Radish
Cilantro

METHOD

1 First, dice the yellow onion. Mince the garlic. Dice the jalapeño if using. Slice the avocado, tomatoes, cabbage, and radish. Pick the cilantro leaves.

2 Heat a large sauté pan over medium heat. Add the vegetable oil and diced onion. Cook until the onion becomes soft and translucent.

Add the chili powder, ground cumin, garlic, and jalapeño if using. Cook for about 1 minute until fragrant. Next, add the cooked green lentils. Stir and cook until warmed through.

3 Warm the corn tortillas if desired. Spoon the lentil mixture into each tortilla. Top with avocado, tomatoes, cabbage, radish, and cilantro.