

DOUBLE your
SNAP Dollars
and make a delicious meal!

Lentil Tacos



Ingredients:

- Nonstick cooking spray
- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 cup dried lentils
- ¼ teaspoon garlic powder
- 2 tablespoons taco seasoning
- 2 cups water
- 1 (8 ounce) can tomato sauce
- 12 (6 inch) corn tortillas
- 1 cup salsa
- 4 ounces (1 cup) shredded cheese
- 2 cups shredded lettuce

Instructions:

1. Wash the lettuce.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
3. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in 2 layers of foil, put on a plate, and cover with another plate to keep warm.
4. Heat the oil in the skillet over medium high heat.
5. Add the onion, and cook for 4 to 6 minutes until it becomes soft. Stir while cooking.
6. Add the lentils, garlic powder, and taco seasoning, and stir to mix.
7. Add the water and tomato sauce, and stir to mix.
8. Bring to a boil, then reduce heat to medium low, and cover. Cook for about 20 minutes or until the lentils are tender.
9. Uncover, and cook for 5 more minutes until the mixture thickens. (Optional: Mash the lentils somewhat with the back of a fork.)
10. Add ¼ cup of the lentil mixture, salsa, cheese, and lettuce to each tortilla.
11. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days. Get creative! Serve as lentil tostadas or with tortilla chips as a party dip.

Nutrition Facts: Servings: 6, Serv. size: 2 tacos, **Amount per serving:** Calories 360, Total Fat 11g, Sat. Fat 4g, Trans Fat 0g, Cholest. 20mg, Sodium 860mg, Total Carb. 54g, Fiber 9g, Total Sugars 8g (Incl. 0g Added Sugars), protein 17g

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See back for details on **DOUBLING** your SNAP purchasing power!

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Get **FREE** fruits & vegetables with
DOUBLE SNAP DOLLARS
in 3 easy steps:



BUY \$1



GET \$1

1

Bring your EBT Card to the market info booth before you shop

2

Swipe EBT Card to get market tokens for SNAP-eligible foods

3

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