

**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

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

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# How to stretch your SNAP dollars at the market:

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**

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at [DoubleDollarsMT.com](http://DoubleDollarsMT.com)

**And there's more!**



**SIGN-UP** for  
**Buy Eat Live Better's**  
**FREE** nutrition classes



**Earn additional Double SNAP Dollars: \$10 coupon provided for each class you attend!**

To register for a class, go to [www.buysatlivebetter.org](http://www.buysatlivebetter.org) and click on "Class Sign Up."



Community Food & Agriculture Coalition



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