

## THE WAY THE COOKIE CRUMBLES



### Lentil Tacos (adapted from epicurious via Prevention RD)

Serves 4

With such a soft filling, these tacos really need a topping with some crunch. I think very thinly sliced cabbage would be perfect, but lettuce would work well too. In a pinch, I've used coarsely chopped mung bean sprouts, and that wasn't bad at all.

2 teaspoons olive oil  
1 yellow onion, finely chopped  
1 garlic clove, minced  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1 cup dried lentils, rinsed  
½ teaspoon salt  
2 cups low-sodium vegetable or chicken broth  
2 tablespoons minced fresh cilantro  
10 taco-sized corn tortillas  
toppings: cheese, avocado, salsa, tomato, lettuce

1. In a 3- or 4-quart saucepan, heat the oil over medium heat. Add the onion and sauté, stirring occasionally, until just browned around the edges, about 8 minutes. Add the garlic and spices; cook, stirring constantly, for about a minute, until fragrant. Add the lentils, salt, and broth; cover and simmer for 25-30 minutes, until the lentils are tender. Uncover; simmer for 6-8 minutes, until mixture is thickened. Using a potato masher or wooden spoon, break up some of the lentils. Stir in the cilantro.
2. While the lentils cook, heat the oven to 275 degrees. Arrange a dampened dishtowel on a baking sheet. Spread the tortillas over the towel in a single layer (some overlap is expected), then top with a second dampened dishtowel. Heat in the oven for 10 minutes, until the tortillas are warm and soft.
3. Divide the filling and toppings evenly among the tortillas. Serve immediately.