

THE WAY THE COOKIE CRUMBLES



Shitake Mushroom and Lentil Asian Tacos (adapted from Sprouted Kitchen)

Serves 4 to 6

I toasted the garlic, while still peeled, in a small not-nonstick skillet over medium-high heat until the papery peel started to brown on a few sides. This softens the bite of raw garlic, making it sweeter and more mellow.

My favorite new way to soften corn tortillas for tacos is to spray both sides of them with oil, then heat them in a 400 degree oven until pliable, about 5 minutes. Even better, add some of the mushroom-lentil mixture to the tortillas at that point and fold the tortilla over the filling; continue baking until the tortilla starts to crisp, another 3-5 minutes.

I grew radish sprouts just for this recipe, but they didn't sprout in time. Bummer. They made a good garnish for avocado and shrimp-filled tortilla cups the next day though.

Miso herb sauce:

- 3 garlic cloves, peeled (see note)
- 2 packed cups basil leaves
- 1 packed cup cilantro
- 2 tablespoons white or yellow miso
- 1 tablespoon honey
- 1 tablespoon soy sauce
- pinch of red pepper flakes
- 3 tablespoons orange juice
- 3 tablespoons rice vinegar
- 2 tablespoons toasted sesame oil

Tacos:

- $\frac{3}{4}$ cup brown or green lentils
- salt
- 2 tablespoons olive oil, divided
- 1 onion, thinly diced
- 12 ounces shitake mushrooms, stems discarded, sliced
- 1 tablespoon apple cider vinegar
- about 16 corn tortillas, warmed (see note)
- 2 large or 3 small avocados, peeled and sliced
- 5 small carrots, peeled and grated
- micro greens, for garnish (see note)

1. For the sauce: Place the garlic in the bowl of a food processor fitted with the cutting blade; process until minced. Add the herbs and process until pureed. Add the remaining ingredients and process until the sauce is evenly mixed. Transfer to a serving bowl; set aside.

2. Bring 6 cups of water to a boil in a 2-quart saucepan. Add the lentils and $\frac{1}{2}$ teaspoon of salt. Reduce the heat to maintain a simmer, partially cover, and cook for about 20 minutes, until tender. Drain.

3. In a medium nonstick skillet over medium heat, heat the oil until it flows like water when the pan is tilted. Add the onion and a pinch of salt; cook, stirring often, until the onion is softened and translucent. Add the mushrooms and another pinch of salt and cook, stirring occasionally, until the mushrooms soften and release their liquid. Once the liquid evaporates, add the remaining 1 tablespoon oil, and cook until the mushrooms and onions brown. Stir in the cooked lentils and the cider vinegar.

4. Stuff each tortilla with the mushroom-lentil mixture, carrots, avocado, microgreens, and miso-herb sauce. Serve immediately.