

Snapped Up: Spring Break Tacos



INGREDIENTS

SAUCE

2 clove minced **garlic**

Juice of 1 **lime**

1 **avocado**

1 bunch **cilantro** (stems included)

1 **Anaheim pepper** (or other mildly hot pepper or 1/2 cup green sweet pepper with ¼ teaspoon red pepper flakes.)

Salt



TACO FILLING

1 cup cooked **brown lentils**

1 cup chopped, caramelized **onions**

½ cup **crushed walnuts**

1 teaspoon **cumin**

1 teaspoon **chili pepper**

2 minced **garlic cloves**

salt

ADDITIONAL TOPPINGS

Chopped tomato

Lettuce

Corn Tortillas

TOOLS USED:

Medium sized pot

Small food processor or high speed blender

Frying pan

Medium bowl

DIRECTIONS:

1. **Boil the lentils** until done, about 45 minutes. Drain.
2. While the lentils are boiling, begin **caramelizing the onions** by frying on medium heat and stirring every 5 minutes. They are done when browned (about the same time the lentils are done). Use a tablespoon of water or a bit of oil to keep from sticking. **Add chili, cumin, and minced garlic cloves** and keep cooking.
3. While lentils and onions are cooking, **blend the five ingredients of the sauce** together in a blender until smooth. Add a bit of water until the sauce has a ketchup like consistency.
4. Drain cooked lentils and pulse blend in food processor just until chunky. You don't want a bean paste.
5. Mix lentils, walnuts, onion/mixture together, add a bit of water if too dry and add more spices or salt to taste.
6. Assemble Taco and slather a big spoonful of Cilantro sauce on top.

Lunch or Dinner

Who needs to go to south of the border when you can make delicious Spring Break tacos at home? This recipe takes advantage of low-cost lentils to replace hamburger which can be stored and used later in burritos or other Mexican dishes.

The intense flavors of the cilantro sauce is what makes this dish taste like the sun on a warm beach.

Serve on either warmed (soft) corn tortillas or bake them in the oven draped over the racks until crispy—fill and eat.

Whatever you don't eat in one dinner, you can freeze and enjoy when you may not have time to cook.

TIP: Unlike some herbs, cilantro stems are as tasty as the leaves. The cilantro bunch will blend down into a one-cup amount. Just keep pulsing the blender until all leaves and stems are puree'd.

1 Spring Break Taco

General			
Energy	204.2 kcal	<div></div>	28%
Alcohol	0.0 g	No Target	
Caffeine	0.0 mg	No Target	
Water	128.4 g	<div></div>	5%

Carbohydrates			
Carbs	28.8 g	<div></div>	35%
Fiber	6.8 g	<div></div>	32%
Starch	14.6 g	No Target	
Sugars	4.6 g	No Target	
Sugar Alcohol	0.1 g	No Target	
Net Carbs	21.9 g	<div></div>	36%

Lipids			
Fat	8.0 g	<div></div>	30%
Monounsaturated	2.3 g	No Target	
Polvunsaturated	4.2 g	No Target	
Omega-3	0.7 g	<div></div>	36%
Omega-6	3.5 g	<div></div>	32%
Saturated	0.9 g	n/a	
Trans-Fats	0.0 g	0.001 g	
Cholesterol	0.0 mg	No Target	
Phytosterol	0.0 mg	No Target	

Protein			
Protein	7.8 g	<div></div>	13%
Cystine	0.1 g	<div></div>	15%
Histidine	0.2 g	<div></div>	19%
Isoleucine	0.3 g	<div></div>	21%
Leucine	0.6 g	<div></div>	19%
Lysine	0.4 g	<div></div>	14%
Methionine	0.1 g	<div></div>	13%
Phenylalanine	0.3 g	<div></div>	28%
Threonine	0.3 g	<div></div>	18%
Tryptophan	0.1 g	<div></div>	19%
Tyrosine	0.2 g	<div></div>	17%
Valine	0.3 g	<div></div>	20%

Vitamins			
B1 (Thiamine)	0.2 mg	<div></div>	15%
B2 (Riboflavin)	0.1 mg	<div></div>	9%
B3 (Niacin)	1.5 mg	<div></div>	11%
B5 (Pantothenic Acid)	0.6 mg	<div></div>	12%
B6 (Pyridoxine)	0.3 mg	<div></div>	20%
B12 (Cobalamin)	0.0 µg	0%	
Biotin	0.0 µg	0%	
Folate	109.4 µg	<div></div>	27%
Vitamin A	1412.3 IU	<div></div>	61%
Vitamin C	81.2 mg	108%	
Vitamin D	0.0 IU	0%	
Vitamin E	0.8 mg	<div></div>	5%
Beta Tocopherol	0.0 mg	No Target	
Delta Tocopherol	0.2 mg	No Target	
Gamma Tocopherol	2.3 mg	No Target	
Vitamin K	20.0 µg	<div></div>	22%

Minerals			
Calcium	59.4 mg	<div></div>	7%
Copper	0.3 mg	<div></div>	37%
Fluoride	0.0 µg	0%	
Iodine	0.0 µg	0%	
Iron	2.5 mg	<div></div>	31%
Magnesium	56.6 mg	<div></div>	18%
Manganese	0.7 mg	<div></div>	37%
Molybdenum	0.0 µg	0%	
Phosphorus	201.8 mg	<div></div>	29%
Potassium	478.8 mg	<div></div>	10%
Selenium	3.3 µg	<div></div>	6%
Sodium	19.6 mg	<div></div>	2%
Zinc	1.3 mg	<div></div>	16%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.

1 Serving of Peanut Sauce Noodles

CHARMOULA

YIELD Makes about 1 cup

INGREDIENTS

1. 1 tablespoon cumin seeds
2. 1 garlic clove, minced
3. 1 1/4 cups finely chopped fresh cilantro
4. 1/2 cup finely chopped fresh Italian parsley
5. 2 teaspoons fresh lemon juice
6. 1 1/2 teaspoons paprika
7. 1/8 teaspoon cayenne pepper
8. 1/2 cup plus 2 tablespoons extra-virgin olive oil

PREPARATION

1. Stir cumin in small skillet over medium heat until lightly toasted, about 2 minutes. Transfer to mortar. Add garlic; pound with pestle until paste forms. Transfer to bowl. Mix in cilantro and next 4 ingredients. Stir in olive oil. Season with salt and pepper. **Do ahead** Can be made 2 days ahead. Cover; chill. Let stand at room temperature 1 hour before serving.

CHERMOULA with Mint

Chermoula

3 Freestyle Points 86 calories **TOTAL TIME:** 5 minutes

Chermoula is similar to a pesto, used in North African cooking as a marinade to flavor fish or seafood, but it can be used on other meats, vegetables or stirred into couscous.

INGREDIENTS:

- 1 cup packed cilantro
- 1/2 cup packed mint leaves (no stems)
- Pinch of red pepper flakes
- 2 small cloves garlic
- 1 teaspoon Ras el Hanout
- 1/4 cup extra virgin olive oil
- 1 tablespoon lemon juice

DIRECTIONS:

Combine all the ingredients and puree in small blender (I used my magic bullet) until smooth, scraping down the sides of the bowl. If necessary add a drop of water if it's too thick.

NUTRITION INFORMATION

Yield: 6 tablespoons, Serving Size: 1 tablespoon