



## Walnut Lentil Tacos with Honey Lime Slaw

### Ingredients

- ¼ cup olive oil
- 2 cups mushrooms (140g) (cremini preferred), diced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ¼ cup onions, finely diced
- 2 tablespoons garlic minced
- 1 cup brown lentils
- 1 ½ cup water
- 4 tablespoons lime juice
- 1 tablespoon honey
- 3 cups shredded cabbage
- 1 large carrot, cut into matchsticks
- 1 medium cucumber, cut into matchsticks
- ¼ cup toasted walnuts, minced
- ¼ cup sundried tomatoes, minced
- 1 tablespoon nutritional yeast
- 2 teaspoons salt
- 10 taco shells or 6" tortillas
- ¼ cup cilantro leaves

### Directions

Heat olive oil in a pan over med-high heat. Add mushrooms to pan and sauté for 3-4 minutes until their liquid starts to evaporate

Add chili powder and cumin, stirring constantly for about 1 minute  
Add onions and garlic to sauté until translucent, about 3-4 minutes  
Add lentils and water. Bring to a boil then reduce heat to a simmer  
While lentils are cooking, make slaw by mixing lime juice and honey together then stir in cabbage, carrot, and cucumber and set aside

When lentils are tender but not falling apart, 30-40 min stir in toasted walnuts, sun-dried tomatoes, yeast and salt

Fill each taco shell with about 3 tablespoons of taco filling, then top with prepared slaw and garnish with cilantro

Yield: 10 tacos or 5 servings

🕒 1 hour