



From the Kitchen of Executive Chef Jessica VanRoo

Smoky Lentil and Sweet Potato Tacos with Smashed Avocado

Serves 8

356 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Lentils are a rich, heart-healthy source of protein and essential nutrients. A single cup has nearly as much protein as a hamburger patty, with none of the fat that can elevate cholesterol or blood sugar levels.

Equally important, lentils are loaded with fiber, which aids in digestion while reducing the risk of colon cancer and preventing constipation.

Lentils are also high in iron, folate and potassium. This makes these legumes a great choice for expectant moms who need additional folate and iron in their diets or for people struggling with anemia. Potassium helps lower blood pressure.

Mix in shredded sweet potato and you are boosting the protein and fiber count as well as adding important nutrients and antioxidants, including vitamins A, C and B6, niacin, manganese, copper and pantothenic acid.

Total cost: \$21.40/\$2.68 per serving



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Lentil and Sweet Potato Filling

- Avocado oil, as needed
- 1 cup diced onion (about 1 small onion)
- 4 teaspoons minced garlic (about 2 large cloves)
- 3 cups peeled and shredded sweet potato
- 2 ½ cups cooked lentils
- ½-¾ cup vegetable stock
- 3 teaspoons smoked paprika
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2-4 teaspoons chipotle in adobo sauce, chopped
- 4 teaspoons nutritional yeast
- 2 limes, juiced and zested
- Salt and pepper to taste

Smashed Avocado

- 4 avocados, peeled and destoned
- 2 minced garlic cloves or 1 teaspoon granulated garlic
- 2 limes, juiced
- Salt and pepper to taste

Serve with

- 16 corn tortillas or taco shells
- 3 cups shredded red cabbage
- ½-¾ cup chopped green onions
- 1 cup chopped cilantro
- 4-8 tablespoons salsa or hot sauce



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Instructions

Lentil filling:

1. Heat a large pan over medium-high heat and coat with oil.
2. Add onion and garlic, sauté just until fragrant, about 20 seconds.
3. Add shredded sweet potato, mix well and sauté for 4-5 minutes until potatoes begin to brown.
4. Stir in cooked lentils, stock, paprika, cumin, chili, chipotle and nutritional yeast. Cover and cook on medium-low heat for 8-10 minutes, adding more stock or water as needed.
5. Remove lid and cook 3-5 more minutes.
6. Stir in lime juice, taste and adjust seasoning as needed with salt and pepper.
7. If desired, puree $\frac{1}{2}$ the mixture, then return to the pan to give the filling a creamier consistency.

Smashed avocado:

1. Cut avocados in half, remove the pits.
2. Scoop flesh into a bowl, then mash with a fork.
3. Add lime juice and garlic as desired, season with salt and pepper.

To serve, spoon lentil and sweet potato filling onto warm tortillas or taco shells. Add cabbage, green onions and cilantro, along with hot sauce or salsa as desired. Top with avocado mix.