

10-Minute Lentil-Walnut Taco Salad

Servings: 4

Cooking Time: 10-15 minutes

Cost per serving: \$2.92

Ingredients

- ½ cup raw walnut halves or pieces
- 1 tsp extra virgin olive oil
- 1 15 oz. can of lentils, rinsed and drained
- ½ cup mild salsa
- 1 chipotle pepper in adobe sauce, minced
- 1 tsp ground cumin
- Salt
- 6 cups chopped Romaine lettuce or mixed greens
- 1 pint cherry tomatoes, halved
- 1 cup canned or frozen fire-roasted corn
- 1 small avocado, sliced or cubed
- ½ cup sliced red onions

Honey-Lime Dressing:

- 3 Tbsp fresh lime juice
- 1 Tbsp extra-virgin olive or avocado oil
- 2-3 Tbsp honey
- 1 small garlic clove, minced
- Salt and pepper to taste

Instructions

1. Pulse Walnuts in a food processor until finely chopped.
2. Transfer to a large skillet and heat until lightly toasted, stirring often, for 1-2 minutes.
3. Add olive oil, lentils, salsa, chipotle pepper, and cumin.
4. Reduce heat to medium-low and cook until mixture thickens, stirring occasionally, for about 5 minutes.
5. Season with salt to taste
6. Place all of the dressing ingredients into a small bowl and whisk to combine well.
7. Divide lettuce, lentil-walnut mixture, tomatoes, corn, avocado, and onions into four bowls.
8. Top with additional salsa, if desired, and drizzle with the honey-lime dressing.

Nutrition Facts

Nutrition Facts	
24 servings per container	
Serving size	4
Amount Per Serving	
Calories	347
% Daily Value*	
Total Fat 17g	22%
Sodium 433mg	19%
Total Carbohydrate 36g	13%
Protein 11.5g	23%
*The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	