



## Lentil Nachos

4 servings

### Ingredients

1 Tablespoon cooking oil

½ cup diced onion

1 cup dried lentils (red or yellow for fast cooking, green or brown will hold shape)

½ cup corn (fresh, frozen, or canned and drained)

1 garlic clove, minced (or ¼ teaspoon garlic powder)

2 Tablespoons taco seasoning (or 1 tsp chili powder, ½ teaspoon ground cumin, ½ teaspoon ground coriander, ½ teaspoon salt, ¼ teaspoon ground black pepper, ¼ teaspoon paprika, pinch dried oregano, pinch red pepper flakes - optional)

2 cups water

1 8-ounce can tomato sauce

Tortilla chips

Optional: salsa, cheese, lettuce

1. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
2. Heat the oil in the skillet over medium high heat.
3. Add the onion and cook for 4-6 minutes until it becomes soft. Stir while cooking.
4. Add the garlic and taco seasoning and stir to mix.
5. Add the lentils, corn, water, and tomato sauce and stir to mix.
6. Bring to a boil then reduce heat to medium low and cover. Cook for about 20 minutes until the lentils are tender.
7. While lentils are cooking, spread tortilla chips on a pan and prepare additional toppings (cheese, lettuce, salsa).
8. Uncover lentils and cook for 5 more minutes until the mixture thickens.
9. Top chips with lentils and cheese and broil until cheese has melted.
10. Enjoy! Refrigerate leftovers within 2 hours and eat within 3-5 days.



**Gram for gram, lentils provide more potassium than bananas, more iron than ground beef, and have more antioxidants than blueberries! Add ground beef or bison to these nachos for an extra boost of iron.**



St. Peter's Health



*Creating a Hunger-Free  
Community*