

# Heart-Healthy Chorizo-Spiced Lentil and Avocado Tacos

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**DIET & HEALTH:** Egg-Free, Good Source of Fiber, Good Source of Protein, Meals Under 500 Calories, No Added Sugars, Vegetarian

 **Prep time:** 25 minutes  **Cook time:** 10 minutes  **Ready in:** 35 minutes



**Number of servings:** 4

## Ingredients:

### Fresh Avocado Citrus Crema:

- 1 ripe, fresh avocado, halved, pitted, and peeled
- 1/2 cup plain 2% Greek yogurt
- 1 1/2 tsp. fresh lime juice
- 1 1/2 tsp. fresh lemon juice
- 1/4 tsp. sea salt
- 1/4 tsp. chili powder

### Lentil Avocado Tacos:

- 1 Tbsp. avocado oil or sunflower oil
- 1 large green bell pepper, diced
- 1/3 cup red onion, finely diced
- 1/3 cup walnuts, finely chopped

- 1 15-oz. can no-salt-added lentils, drained (or 1 1/2 cups cooked lentils)
- 1 large garlic clove, minced
- 1 tsp. fresh oregano, minced (or 1/2 tsp. dried oregano)
- 1/4 tsp. sea salt
- 1/4 tsp. chili powder
- 1/4 tsp. smoked paprika
- 8 (5- to 5 1/2-inch diameter) corn or whole-wheat tortillas, lightly pan-grilled
- 1 ripe avocado, halved, pitted, peeled, and sliced
- 1/4 cup loosely packed fresh cilantro sprigs
- 1 lime, cut into 8 wedges or slices
- Hot sauce (optional)

## Instructions:

### For The Avocado Citrus Crema:

1. Place avocado, Greek yogurt, lime juice, lemon juice, salt and chili powder into a food processor or electric mixer bowl and blend until creamy. Set aside while you prepare the tacos.

### For The Tacos:

1. Heat the oil in a large stick-resistant skillet over medium-high heat. Add bell pepper, onion, and walnuts and sauté until the walnuts are toasted and vegetables begin to brown, about 4 minutes. Add lentils, garlic, oregano, salt, chili powder, and paprika and cook, stirring occasionally, until the lentils are fully heated and bell pepper is softened, about 2 1/2 minutes. Adjust seasoning, as needed.

### For Assembly:

1. Warm up tortillas and top with the lentil mixture, fresh crema, and avocado slices, dividing evenly. Sprinkle with the cilantro sprigs and serve with lime wedges. Drizzle with the hot sauce, if desired.

## Nutrition Facts

4 servings per recipe

**Serving Size**

**1 serving (312g)**

Amount Per Serving

**Calories**

**450**

**% Daily Value\***

<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	-
Polyunsaturated Fat 7g	-
Monounsaturated Fat 11g	-
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 51g	<b>19%</b>
Dietary Fiber 16g	<b>57%</b>
Total Sugars 6g	-
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 4.2mg	25%
Potassium 880mg	20%
Vitamin A 480mcg	50%
Vitamin C 68mg	80%
Vitamin E 2.4mg	15%
Vitamin K 22mcg	20%
Thiamin 0.3mg	20%
Riboflavin 0.3mg	25%
Niacin 3.4mg	20%
Vitamin B6 0.6mg	35%
Folate 225mcg DFE	60%
Vitamin B12 0.1mcg	6%
Pantothenic Acid 1.8mg	35%
Phosphorus 410mg	35%
Magnesium 90mg	20%
Zinc 2.4mg	20%
Selenium 9mcg	15%
Copper 0.6mg	70%
Manganese 0.7mg	30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.