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HEALTHY RECIPES

Here's a healthy recipe that the kids will love from Christian at the Downtown YMCA in partnership with Stephanie from Spartan Nash. This is a recipe the kids make in the Downtown YMCA's Schools Out Fun Club.

Lentil Taco Bites!

Recipe adapted from: www.budgetbytes.com/2012/04/lentil-tacos

Ingredients

- 2 cups dry brown lentils
- 1/4 cup reduced sodium taco seasoning
- 'Scoop' whole grain tortilla chips
- shredded lettuce, optional
- shredded cheese, optional
- pico de gallo, optional
- red onion, optional
- cilantro, optional
- avocado, optional
- sour cream or Greek yogurt, optional

Directions

1. Sort and rinse the lentils. Bring 3 cups of water to a rolling boil in a medium pot. Once it reaches a boil, add the lentils. Let the pot return to a boil, then reduce the heat to low, place a lid on top. Allow the lentils to simmer for 20 minutes. After 20 minutes, taste the lentils to test the texture. They should be tender but not mushy. Drain the lentils in a colander.
2. Place the lentils back into the pot and add the taco seasoning. Stir until combined.
3. Build the taco bites, using about 1 tablespoon of seasoned lentils per 'Scoop' chip and top with desired ingredients.