

## SPICY LENTIL TOSTADAS

I always gravitate towards foods that are easy to cook, and lentils are a hassle-free compliment to any meal or in this case they are the meal.

Lentils are a great source of protein, fiber, and leave me feeling satisfied and full.

*Makes 4 servings*

### INGREDIENTS

- 1 cup lentils, rinsed and cleaned
- 2 cups water
- 1 Pasilla chile or Poblano, minced
- ½ yellow onion, minced
- ½ cup cilantro, minced
- 1 cup tomatoes, seeded and diced
- 1 tbsp coconut oil
- 1 cup organic vegetable broth
- 1 tsp cumin, ground
- 1 tsp coriander, ground
- ½ tsp paprika
- 1 tsp sea salt
- ½ tsp cayenne powder
- 8 corn tortillas
- 2 cups Romaine lettuce or red cabbage, shredded
- Guacamole (see recipe)

### METHOD

Prepare lentils, bring water to boil and add lentils. Let boil for an additional 2 minutes, then place lid on top and lower to simmer. Cook for 20 mins. Do not drain excess water.





## **SPICY LENTIL TOSTADAS (CONTINUED)**

In 10-inch sauté pan, sauté chili, onion, cilantro, and tomato in coconut oil for 3 mins. Add lentils, spices and broth. Let simmer for 8 mins, stirring occasionally.

To assemble, heat your tortillas in a flat skillet, or toast them for a crunchy shell. Place a scoop of lentils on the tortilla, add a layer of guacamole, and top with shredded lettuce. Garnish with fresh cilantro.