

# LENTIL STREET TACOS



**YIELD:** 28 servings

**SERVING SIZE:** 2 tacos

See recipe for prep and cook time



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INGREDIENTS	WEIGHT	MEASURE	METHOD
<b>LENTIL TACOS: Prep: 5-10 mins   Cook: 40-50 mins</b>			<ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. In a full-pan place dry lentils and water.</li> <li>3. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender.</li> <li>4. Remove from oven, stir and drain any excess water.</li> <li>5. Stir enchilada sauce, lime juice and cumin into lentils.</li> <li>6. Cover and bake for an additional 10-12 minutes until temperature reaches 145°F.</li> </ol> Serve one #16 dipper of lentil filling with 2 corn tortillas per taco and <b>Toppings for Lentil Street Tacos.</b>
Lentils, dry	2 lb		
Water		2 ½ quarts	
Enchilada sauce		8 cups	
Lime juice		½ cup	
Cumin		2 tsp	
Corn tortillas		112	
<b>TACO TOPPINGS</b>			
Corn, frozen	6 lb 4 oz		<b>ROASTED CORN: 28 servings (½ cup vegetable)   Prep: 10 minutes Cook: 15-20 minutes</b> <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. In a large bowl, mix corn, oil and spices.</li> <li>3. Line a sheet pan with parchment paper and spread corn mixture onto pan.</li> <li>4. Roast at 400°F for 15-20 minutes.</li> </ol> Serve one #30 scoop per taco.
Oil		4 Tbsp	
Cumin, ground		2 Tbsp	<b>PICKLED ONIONS: 6 cups   Prep: 15-20 minutes   Rest: (Overnight)</b> <ol style="list-style-type: none"> <li>1. Prepare onions the day before so they have time to marinate in the fridge.</li> <li>2. Thinly slice red onions and place into a large container.</li> <li>3. In a bowl or large container, mix together vinegar, honey, allspice and salt.</li> <li>4. Pour over the sliced onions.</li> <li>5. Cover and place in the refrigerator overnight.</li> </ol> Serve as desired. May offer in a 2 oz soufflé cup.
Garlic, granulated		1 Tbsp	
Paprika		2 Tbsp	
Large red onion		3 each	
White vinegar		3 cups	
Apple cider vinegar		1 ½ cups	
Honey		1 ½ cups	
Allspice		1 tsp	
Salt		1 Tbsp	
Sour cream		1 cup	
Mayo		1 cup	
Cilantro		½ cup	
Lime juice		½ cup	
Cumin		1 tsp	

**Approximate nutritional contribution per serving:**

518 Calories, 5 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 235 mg Sodium, 109 g Total Carbohydrate, 14 g Dietary Fiber, 19 g Protein, 102 mg Calcium, 5 mg Iron.

**Meal Components per serving:** 2 oz eq Meat/Meat Alternate, 2 oz eq Grains, ½ cup Vegetable

