SPICED LENTIL TACOS

Ingredients

1 tablespoon olive oil
1 cup finely chopped onion
1 clove garlic, chopped
1/2 teaspoon salt
1 cup dried brown lentils, rinsed
1 package (2.25 ounce) taco seasoning
2 1/2 cups vegetable broth
8 taco shells
1 1/4 cups shredded lettuce
1 cup chopped tomato
1 avocado
1 jalapeño

Preparation

Heat oil in large skillet over medium-high heat.

Cook onion, garlic and salt until onion begins to soften, 3 to 4 minutes. Add lentils and taco seasoning. Cook until spices are fragrant and lentils are dry, about 1 minute. Add broth; bring to a boil. Reduce heat, cover and simmer until lentils are tender, 25 to 30 minutes. Uncover lentils and cook until mixture thickens, 6 to 8 minutes. Mash with a rubber spatula. Spoon 1/4 cup lentil mixture into each taco shell. Top with spicy guacamole, lettuce and tomato.

Adapted from http://www.epicurious.com/recipes/food/views/Spiced-Lentil-Tacos-351390

MANGO BLACK BEAN QUINOA

Ingredients

1 cup quinoa
1 mango
1 can of black beans
cherry tomatoes
1 jalapeño
cilantro
3 limes juiced
1 tablespoon agave syrup
1/4 a cup or more of olive oil

Preparation

(1) cook the quinoa to package directions
(2) dice the mango
(3) open the black beans and rinse
(4) slice the cherry tomatoes half wise
(5) de-seed and the chop the jalapeño
(6) chop the cilantro
(7) combine everything from steps 1-6 in a large bowl
(8) combine lime juice, agave syrup, and olive oil in a mason jar (tupper ware with lid) and shake to combine
(9) pour the dressing on the quinoa and enjoy