

Ultimate Green Taco Wraps with Lentil-Walnut Taco Meat

FOR THE LENTIL-WALNUT TACO MEAT (MAKES 2 1/2 CUPS):

- 1 cup uncooked French green lentils (you will use 1 3/4 cups cooked lentils) *
- 1 cup walnut pieces, toasted
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon fine grain sea salt, or to taste
- 1 1/2 tablespoons (22 mL) extra-virgin olive oil
- 2 tablespoons (30 mL) water

FOR THE TOPPINGS AND WRAPS:

- 1 to 2 large bell peppers, thinly sliced
- 1/2 to 1 large onion, thinly sliced
- Cashew Sour Cream
- Diced tomatoes or salsa
- Green onion
- Fresh lime juice
- Lettuce wraps (large romaine, iceberg, or butter lettuce leaves)

OTHER TOPPING OPTIONS:

- Sliced avocado
- Hot sauce
- Cilantro

DIRECTIONS

1. Cook the lentils: Rinse lentils in a fine mesh sieve. Add to a medium pot along with a few cups of water. Bring to a boil, reduce heat to medium, and simmer for 20 to 25 minutes until tender (cook time will vary depending on the type of lentils you use—see package). Drain off excess water.
2. Toast the walnuts: Preheat oven to 300°F (150°C). Add walnuts onto a rimmed baking sheet and toast for 10 to 13 minutes, watching closely, until lightly golden and fragrant. Set aside to cool for a few minutes.
3. Sauté the pepper and onion filling: Add 1/2 to 1 tablespoon of oil into a large skillet or wok. Cook the onion and peppers over medium heat for about 15 to 20 minutes, reducing heat if necessary and stirring frequently, until translucent.

4. Prepare the taco meat: Add 1 3/4 cups cooked lentils (you'll have some leftover) and all the toasted walnuts into a food processor and pulse until chopped (make sure to leave texture). Stir or pulse in the oregano, cumin, chili powder, and salt. Stir in the oil and the water until combined.
5. Prepare the rest of your vegetable toppings and wash and dry the lettuce wraps.
6. Assemble: Add a large lettuce leaf onto a plate, top with taco meat, sautéed peppers and onion, and the rest of your desired toppings.
7. Leftovers can be stored in the fridge in sealed containers to be enjoyed the next couple days. The cashew cream will keep for at least a week in the fridge. Use sour cream leftovers on sandwiches, wraps, stirred into salad dressings, on vegan nachos, or with chili or soup.

TIP:

- * To save time, you can use one (15-ounce) can of lentils (drained and rinsed) instead of cooking the lentils from scratch. When I have time, I love to cook French green lentils due to their chewy texture, but regular green and brown lentils will work too. Do not use red lentils as they are much too mushy and don't have the required chewy texture for this recipe.
- Make it nut-free: I haven't tried this yet, but you could try subbing the walnuts for 1/2-3/4 cup toasted pepita seeds (shelled pumpkin seeds) and swapping the Cashew Sour Cream with vegan mayo (such as Veganaise).

Source: <https://ohsheglows.com/ultimate-green-taco-wraps-with-lentil-walnut-taco-meat-vegan-gluten-free/>