

LENTIL ENDIVE TACOS

Recipe by Stanford Health Improvement Program

Ingredients

- 1 tablespoon olive oil
- ½ medium purple onion, diced
- 2 garlic cloves, diced
- 1 tablespoon chile powder
- 2 teaspoons cumin
- 2 teaspoons smoked paprika
- Salt, to taste
- 1 cup dry lentils
- 2.5 cups vegetable broth
- 2 heads endive
- ½ bunch chopped cilantro
- Topping Suggestions: cheese, avocado, tomato

Directions

1. Heat olive oil over medium heat in a large sauté pan and add onion. Cook until slightly translucent and add garlic. Cook for one minute.
2. Add spices, salt, and lentils and cook for 1-2 minutes.
3. Add broth and bring to a boil. Cover and reduce heat. Simmer for about 35-40 minutes.
4. Remove lid and cook until most of the water evaporates.
5. Separate and wash endive leaves.
6. To assemble tacos, mix cilantro and lentils and spoon mixture into endive leaves.
7. Add desired toppings.