

## Lentil Tacos

By Molly Grupe, RD

½ packet Trader Joe's taco seasoning mix  
1 lb. Trader Joe's cooked lentils  
1 14-oz. can of tomatoes or tomato sauce

1 medium onion, chopped  
Food for Life brand Ezekiel taco size whole grain tortillas or sprouted corn tortillas

### Toppings:

Shredded lettuce (romaine, mixed greens, your choice)  
Trader Joe's salsa autentica  
Tofu sour cream (see recipe below)

Start with a very hot non-stick pan. Sauté onions for 2 minutes, using 1 tablespoon of water instead of oil. Add 1 tablespoon of water at a time to keep onions from sticking to pan. Add lentils and seasoning mix and sauté for another 2 minutes, adding 1 tablespoon of water as necessary to keep from sticking.

Reduce heat to medium and add tomatoes or tomato sauce, simmer until thickened, stirring often.

Fill tacos, leaving room for toppings. Add lettuce, salsa, and tofu sour cream.

## Tofu Sour Cream

1 package extra firm lite silken tofu,  
drained

1 tablespoon lemon juice  
1 tablespoon red wine vinegar

Combine all ingredients in a blender and puree until smooth and creamy.

## Mexican Hot Chocolate Bites

1 cup old-fashioned oats  
½ cup walnuts  
12 soft pitted Medjool dates (about ¾ cup,  
soak in warm water if hard)  
3 tablespoons cocoa powder (plus more for  
rolling)

½ teaspoon cinnamon  
heaping ⅛ teaspoon cayenne (optional)  
⅛ teaspoon salt (optional)  
1-2 tablespoons almond milk, as needed

Place oats and walnuts in the bowl of a large food processor. Process until well-combined.

Add dates and process for another minute or so, or until well combined.

Add cacao, cinnamon, cayenne, and salt, and process again for another minute. Add a tablespoon of almond milk as needed to form a "dough ball."

Roll into about 14 bites. Roll each bite in cocoa powder. Store in an air-tight container in the fridge or freezer.

Serves 14.