

Quinoa Lentil Tacos

- 1 cup of dried quinoa soaked for 6-8 hours then rinsed and drained.
 - 2 cans of mini black lentils slightly drained
 - Homemade Taco Seasoning to taste
 - Whole grain sprouted tortillas
 - Lettuce
 - Avocado
 - Salsa
1. Combine 1 cup of quinoa with 1 ½ cups of water in a pot. Cover and bring to boil. Then reduce to low for 15 minutes. Fluff and keep covered for an additional 5 minutes.
 2. Combine the cooked quinoa, black lentils, and taco seasoning in a skillet on low heat. Cook until heated through.
 3. Spoon a generous amount of filling on to a tortilla and top with lettuce, chopped avocado, and salsa.
 4. Enjoy!

