

### Ultimate Easy Taco Filling

- 2 cups cooked lentils
- 1 1/2 cup walnut pieces, chopped and toasted
- 2 tablespoons (or 1 packet) Taco Seasoning of Choice
- 1 ½ tablespoons olive oil
- 2 tablespoons water

Use a fork or potato masher to lightly mash the cooked lentils, then add the remaining ingredients and stir to combine. Mixture will closely resemble taco meat. Spoon into taco shells or tortillas and top as you would for other tacos with cheese, lettuce, sour cream, salsa and/or guacamole. Whether you tell guests this is a veggie taco is up to you!

### Avocado Chickpea Tacos

- 1 avocado, peeled and pitted
- 3 tablespoon chopped cilantro
- 4 teaspoon fresh lime juice
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 ½ cups (or 15-oz. can) cooked chickpeas, rinsed and drained

Use a fork to mash the avocado, then stir in chopped cilantro, lime juice, and mince garlic. Add chickpeas and stir to combine. Spoon mixture into taco shells or tortillas and top as you would other tacos.

### Roasted Veggie Tacos

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|--------------------------------------|-------------------------------|
| 1 cup sliced fresh mushrooms         | Olive oil                     |
| 1 onion cut into wedges              | ½ teaspoon salt               |
| 1 bell pepper, sliced                | ¼ teaspoon crushed red pepper |
| 1 zucchini, cut into 1/4-inch slices | Salsa                         |

Heat oven to 425°F. Place mushrooms, onion, bell pepper and zucchini in a bowl and lightly drizzle with olive oil. Toss to coat. Spread vegetables in an even layer in a 15x10 (or other size, allowing for space between vegetables) rimmed baking sheet. Sprinkle with salt and red pepper. Bake uncovered 20 to 25 minutes, turning vegetables once, until tender. Spoon cheese into taco shells or tortillas, then add roasted veggie filling and salsa.