

LENTIL NACHOS

Yield: 4 servings | Total Preparation Time: 30 minutes



Ingredients

- 2 cups lentils
- 1 jar nacho cheese or 1 cup shredded cheese
- 1/4 onion, chopped
- 1 bag of tortilla chips
- Taco Seasoning (store-bought or DIY). [Recipe for DIY taco seasoning:](#)
 - 1 tablespoon cumin
 - 1/2 tablespoon onion powder
 - 1/2 tablespoon garlic powder
 - 1 teaspoon dried oregano
 - 1 teaspoon paprika
 - 1/2 teaspoon cayenne pepper

Instructions

1. Cook the lentils as instructed on the package, and include the taco seasoning while they're cooking.
2. Pour tortilla chips onto a plate. Cover tortilla chips with seasoned lentils and chopped onion.
3. If you are using nacho cheese, heat it up in a pot on the stove or in a bowl in the microwave so that it is warm enough to pour. Pour the cheese over the tortilla chips, lentils and onions.
4. If you are using shredded cheese, make sure the plate is oven/microwave safe. Sprinkle cheese on top of chip and lentil/onion mixture. Microwave for 20 seconds or broil on low in oven for 5 minutes.
5. Top with salsa and enjoy!

Making your own taco seasoning is a great way to use less salt (aka sodium). Just one packet of store bought taco seasoning can contain nearly one day's worth of sodium. Too much sodium can contribute to high blood pressure. Try our "Do It Yourself" (DIY) salt-free taco seasoning recipe for heart health.

