

FRiday Community Cooking Night

Lentil Tacos with Creamy Radish Slaw

Fri 5/7 at **4:00pm** on Facebook Live @FoodRightInc

Bring these things to the lesson:

Taco Ingredients

- 2 cups dry brown lentils
- 4 cups water
- 1 tsp salt
- 2 chipotle peppers in adobo sauce, seeded (*optional*), finely chopped, keep sauce
- 1-2 Tbsp oil
- 1 tsp cumin
- 1 small garlic clove, minced OR 1/2 tsp garlic powder
- 15 corn tortilla

Creamy Radish Slaw Ingredients

- 1/3-1/2 cup sour cream or Greek yogurt
- 2 tsp sugar, maple syrup, or honey
- 1 lime, juiced
- 1 1/2 cup radishes, thinly sliced into half moons
- 1 jalapeño, seeded (*optional*), thinly sliced into half moons
- 2 green onions, minced
- 1/4 cup cilantro, minced



Cooking Equipment

- Chef's knife or paring knife
- Clean kitchen towel - tortillas
- Cutting board
- Hot mitts
- Large skillet
- Liquid measuring cup
- Mixing spoon - lentils
- Serving spoon - slaw
- Dry measuring cups
- Measuring spoons
- Medium mixing bowl - slaw
- Medium pot with lid
- Plate - tortillas
- Prep bowls (*optional*)
- Scissors (*optional*)
- Spatula for flipping - tortillas
- Stove

Food  Right

Live Long. Grow Strong. Cook.