

Walnut Tacos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 taco

Ingredients	Quantity	Measure
Walnuts	3	cups
Olive oil	1/8	cup
Taco seasoning, prepared	3	Tbsp.
Taco shells, soft or Lettuce leaf	10	each
Avocado Cilantro Sauce		
Avocados, skin and seed removed	2	each
Garlic cloves	3	each
Cilantro, fresh	1	cup
Lime juice	2	each

Preparation

1. Soak walnuts in water for about an hour. Drain thoroughly.
2. In a food processor or blender, grind walnuts to a texture of cooked ground meat.
3. Add the olive oil and taco seasoning. Process again until well combined.
4. Preparing the sauce: combine all ingredients in a blender or food processor and purée until smooth.
5. Portion walnut mixture on tortilla or lettuce leaf and top with avocado cilantro sauce.

Serving Information/Notes

Can add fresh green and red cabbage for a nice crunch!

Nutrition Information

*From USDA Nutrient Database

Calories: 414 Total Fat: 30.8g Saturated Fat: 3g Monounsaturated Fat: 7.8g
Polyunsaturated Fat: 17.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 26g Fiber: 6.6g Total
Sugar: 1g Protein: 8g Sodium: 198mg Vitamin A: 8µg Vitamin C: 7mg Calcium: 63mg Iron: 1.7mg
Folate: 61µg

