

INGREDIENTS

- whole wheat tortilla
- Lentils
- 2 cups lentils
 - 2 tbsp tomato paste
 - 1 tbsp garlic powder
 - 1 tbsp olive oil
 - 2 tsp cumin
 - 1 tsp red pepper flakes
 - 1/2 tsp paprika
- Salad
- 1 cucumber
 - 1 tomato
 - 1 onion
 - bunch parsley
 - 1 tbsp olive oil
 - salt and pepper to taste
- Dressing
- 1 avocado
 - 1/2 lemon
 - 1 tbsp garlic powder
 - bunch of dill

PROCEDURE

1. Cook lentils according to package instructions
2. Chop cucumber, tomato, onion, and parsley to make the salad topping. Combine in a bowl with olive oil, mix, and add salt and pepper to taste
3. Chop avocado and dill and place in a blender. Add the juice from 1/2 a lemon and 1 tbsp garlic powder then blend until smooth
4. Once the lentils are done, add in tomato paste, garlic powder, olive oil, cumin, red pepper flakes, and paprika. Stir together. Add 1-2 tbsp water if needed.
5. Assemble your wrap on your whole grain tortilla by adding lentils, salad, and dressing. Enjoy!

lentil wraps

35 MINUTES 4 SERVINGS



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