

Lentil Recipe

Rice Cooker

Lentil Tostadas



Ingredients:	Approx. Cost*
2 rice cooker-cups lentils	\$.76
½ cup bottled or fresh salsa	\$.80
4 tablespoons olive oil, divided	\$.50**
2 tablespoons red wine vinegar	\$.17
½ teaspoon salt, ¼ teaspoon pepper	\$.25**
16 corn tortillas	\$2.30
1 ½ cups shredded Monterey Jack or cheddar cheese	\$1.50
1 ½ cups lettuce, shredded	\$.50
4 green onions, chopped	\$.52
1 cup sour cream	\$.75
Total:	\$8.05

of servings: 8 2-tostada servings. **Cost per serving: \$1.00**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Rinse lentils. Put lentils in rice cooker and add 4 rice cooker-cups water. Push down “on” button. Button will “click” up to warm position when lentils are done. Unplug cooker. Put lentils in a large bowl and add the salsa, 2 tablespoons olive oil, vinegar, salt and pepper. Set aside. Preheat oven to 400 degrees. Line a baking sheet with foil. Brush both sides of tortillas with olive oil and place in the oven for 10 minutes to crisp. Let cool a few minutes. Spoon ¼ cup of lentils on each tortilla. Top each with cheese, lettuce, onions and ½ tablespoon of sour cream and serve.

Nutritional Information per serving

Calories	443
Total Fat	21 g
Saturated Fat	9 g
% of daily total	45 %
Carbohydrates	46 g
Protein	19.5 g
Fiber	14 g

		% of daily total
Vit A	14	%
Vit C:	10	%
Calcium:	25	%
Iron	56	%
Good source of*	<i>Magnesium, Potassium, Zinc, Riboflavin, Thiamin, Niacin, Vitamin B6, Vitamin B12 Folate, Vitamin E</i>	
*(10% or more of the RDA)		

based on 2000 calorie diet

