

Protein packed lentil wrap

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

Lentil crumble

- 4 tsp canola oil
- 1 cup yellow onions, diced small
- 1 tbsp garlic cloves, peeled and diced
- 1 tbsp canned tomato paste
- 2 tbsp taco seasoning
- 1 2/3 cup white button mushrooms, chopped
- 2 cups lentils, cooked
- 1/2 tsp kosher salt
- 1/3 tsp black pepper, table grind

Coleslaw and dressing

- 1/2 cup vegan mayonnaise
- 1 tsp lime juice
- 1/2 tsp taco seasoning
- 1/3 tsp garlic powder
- 1/8 tsp kosher salt
- 1 tbsp cold water
- 2 cups cabbage, coleslaw mix
- 1/2 cups red onions, sliced
- 1/2 cup canned corn, whole kernels
- 1/4 cup fresh chopped cilantro

To assemble

- 1/4 cup guacamole, premade
- 4 each 10" flour tortillas

Instructions

For lentil crumble

1. On a flat top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Add tomato paste and taco seasoning and cook for 2-3 minutes or until tomato paste starts to caramelize.
2. Add mushrooms and cook for 3-5 minutes until moisture releases. Add lentils, salt and pepper and cook for 10 minutes until thickened. Hold hot for service.

For coleslaw dressing

1. In a small mixing bowl, combine vegan mayonnaise, lime juice, taco seasoning, garlic powder, salt and water. Place dressing in cooler for later use. For coleslaw In a large bowl, combine coleslaw mix, onions, corn and cilantro. Add dressing and toss to coat.

To assemble

1. Spread 1 ounce of guacamole on tortilla. Add 3 ounces of coleslaw mix, and top with 6 ounces of crumble. Roll wrap ensuring sides are tucked-in.
2. On a flat top, heat wrap for 1 minute or until wrap has sealed. Slice on a bias and serve.

Notes

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 12.77oz | Calories: 517kcal | Carbohydrates: 70g | Protein: 19g | Fat: 19g | Saturated Fat: 3g | Sodium: 1292mg | Fiber: 14g | Sugar: 9g