

chattavore

BAKED VEGETARIAN FLAUTAS

Prep time: 15 minutes

Cook time: 45 minutes

Serves 4

For the lentil-walnut filling

- 1/2 cup toasted walnut pieces
- 3/4 teaspoon dried oregano
- 3/4 teaspoon chili powder
- 1/4 teaspoon table salt or 1/2 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 tablespoon water

For the flautas

- 1 tablespoon canola or vegetable oil
- 1/2 medium onion, thinly sliced
- 1/2 red, yellow, or orange bell pepper, thinly sliced
- 8 fajita-sized flour tortillas (I like Old El Paso because they are very in and pliable)
- lentil-walnut taco filling
- 4 ounces (one cup) Monterey Jack cheese, grated
- olive oil spray or 1 tablespoon olive oil
- sour cream, for serving

1. In a fine mesh sieve, rinse the lentils. Place them in a medium sauce pan with about 3 cups of water. Bring to a boil then reduce to a simmer. Cook for 20-25 minutes until tender. Drain. Add to a food processor with the rest of the ingredients for the filling. Process until it reaches a texture similar to taco meat.
2. Preheat the oven to 400 degrees. In a medium skillet, heat the oil over medium-high heat. Cook the peppers and onions until tender and beginning to brown, about 10 minutes (reduce heat if necessary to prevent burning...you want a little bit of a "char" but you don't want them to burn to a crisp!).
3. Divide the taco filling (about 1/4 cup per tortilla), vegetables, and cheese (2 tablespoons per tortilla) among the tortillas. Roll up the tortillas and brush or spray the seam sides with oil then place the tortillas seam side down on a baking sheet. Brush or spray the opposite side with oil as well.
4. Bake, turning once, until crisp, 7-10 minutes per side. Serve immediately with sour cream for dipping.