

# Summer Nachos with Lentil-Walnut Meat and Charred Tomato Salsa

## For the Lentil-Walnut Meat:

1 cup cooked green or brown lentils  
1 cup walnuts  
1 tsp olive oil  
1 tsp ground cumin  
1 tsp chili powder  
1/2 tsp smoked paprika  
Salt and pepper to taste

## For the Charred Tomato Salsa:

3 medium tomatoes  
1 jalapeño pepper  
1 habanero pepper (adjust to taste, depending on your spice preference)  
1/4 cup pepitas (pumpkin seeds), toasted  
1/2 onion, chopped in quarters  
3 cloves garlic  
Juice of 1 lime  
2 T fresh cilantro  
Salt to taste



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**For Assembling:**

Tortilla chips

1 1/2 cups shredded cheese (cheddar, Monterey Jack, or a blend) (optional)

Optional toppings: sliced jalapeños, sliced black olives, chopped green onions

In a food processor, combine the cooked lentils, walnuts, olive oil, cumin, chili powder, smoked paprika, salt, and pepper. Pulse the mixture until it resembles a crumbly texture, with some larger chunks for added texture. Be careful not to over-process.

Preheat your grill or stovetop griddle over medium-high heat. Place the tomatoes, jalapeño, and habanero, and onion on the grill or griddle. Char the vegetables, turning occasionally, until the skins are blistered and charred in spots. Add in the garlic in the last 2 minutes. Remove the charred vegetables from the heat and let them cool slightly.

In a food processor or blender, combine the charred tomatoes, jalapeño, habanero, toasted pepitas, red onion, garlic, lime juice, cilantro, and salt. Pulse until the salsa reaches your desired consistency. Taste and adjust the seasoning if needed.

Preheat your oven to 350°F (175°C). Arrange the tortilla chips on a large oven-safe platter or baking sheet. Sprinkle the lentil-walnut meat evenly over the chips. Top with shredded cheese, distributing it evenly. Bake in the preheated oven for about 10-15 minutes, or until the cheese is melted and bubbly.

Remove the nachos from the oven and drizzle with a generous amount of the charred tomato salsa. If desired, add optional toppings like sliced jalapeños, sliced black olives, and chopped green onions. Serve the nachos immediately while they're still hot and gooey.

Enjoy your delicious Summer Nachos with Lentil-Walnut Meat and Charred Tomato Salsa! These nachos are perfect for sharing at gatherings or as a satisfying snack.

*Recipe by Natalie Fisher-Chavez*



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