

**M A Y**

HARVEST OF THE MONTH:  
**PINEAPPLE**

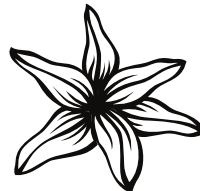
**AL PASTOR TACOS**  
from Chef Carmen Karlsgodt

1/2 onion (julienned)  
1/2 cup pineapple (minced)  
1/2 tsp oregano  
1/2 tsp smoked paprika  
1 Tbsp apple cider vinegar  
1 cup cooked lentils  
chopped cilantro to  
garnish  
2 cloves garlic (minced)  
2 Tbsp olive oil  
2 Tbsp guajillo chile paste  
1 Tbsp achiote paste  
1 tsp cumin

1) In a cast iron pan, heat the olive oil over medium heat and add onion, pineapple and garlic. Cook for 4 minutes. Add the spices and the ACV and mix well. Cover and cook for 2 minutes until fragrant.

2) Add the lentils and remove from heat.

3) Serve with cassava, almond or tortilla flours and top with chopped white onion and cilantro.



For more delicious, plant-based recipes follow  
Chef Carmen on Instagram @**healthycon gusto!**

