



allergy friendly walking tacos

cook time:
10

prep time:
10

featured product:
little gems

looking for allergy-friendly game day eats for the family? look no further! these walking tacos are easy to make, super fun to put together, and won't upset your stomach like takeout. and you won't have to sacrifice flavor--our sweet little gems add a fresh crunch alongside some of our favorite allergy-friendly food brands. just prep the ingredients, sit back and relax while your family and friends assembles for themselves!



ingredients

6 servings

- 1 package **organicgirl? little gems**, chopped ?
- 1 tablespoon preferred vegetable oil
- 6 bags of **Enjoy Life Foods? sea salt lentil chips**
- 1 box **Hilary's? plant-based veggie burgers**, any flavor
- ¼-½ cup **Fody? taco sauce**
- topping options: allergy-friendly cheese shreds, chopped tomato, sliced avocado, cilantro

substitutions

? *substitute with* **romaine heart leaves**

directions

1. unwrap 2 veggie burgers, and either microwave for 1 minute until thawed or bake in preheated oven at 400° for 10-15 minutes until thawed. crumble into a bowl.
2. preheat a medium-sized nonstick pan and add oil. add the crumbled veggie burgers and sauté for a few minutes until hot.
3. add taco sauce to pan and cook another 1-2 minutes.
4. now you're ready to assemble! open the bags of chips and gently crush them. top with the seasoned veggie burgers, then the chopped greens and any fun toppers you'd like to finish with!