



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Stuffed Tomatoes

Chef Jourdann Latney, Age 12

INGREDIENTS

- 1 15-ounce can chickpeas, drained and rinsed
- 1 garlic clove
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- Pinch of dried red pepper
- Salt
- 4 medium tomatoes, halved
- 8 fresh mint leaves

DIRECTIONS

1. In a blender, combine the chickpeas, garlic, lemon juice, olive oil, red pepper, and 1 tablespoon water to make hummus.
2. Blend hummus until thoroughly incorporated.
3. If the hummus is too thick, gradually add more water to make it slightly thinner.
4. Season to taste with salt.
5. Scoop as much pulp as possible out of each tomato half.
6. Divide the hummus among the tomato halves and garnish with mint leaves.



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

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