

# Falafel Inspired Stuffed Peppers

## Shopping List:

### Produce

- ☐ 4 medium bell peppers, halved lengthwise and seeded
- ☐ 1 large yellow onion, chopped (about 2 cups)
- ☐ 1/2 cup finely chopped plum tomato (from 1 tomato), plus more for garnish
- ☐ 1/4 cup chopped fresh flat-leaf parsley, plus more for garnish
- ☐ 2 Tbsp. fresh lemon juice (from 1 lemon)

### Pantry

- ☐ 2 tsp. kosher salt, divided
- ☐ 3 Tbsp. extra-virgin olive oil, divided
- ☐ 2 15-oz. cans chickpeas, drained and rinsed
- ☐ 1 tsp. ground cumin
- ☐ 2 Tbsp. tahini