

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