

Hummus-Stuffed Tomatoes

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Servings: 8

*1 can (15 ounce) chickpeas,
drained (reserve the liquid)*

1 clove garlic, peeled

1/2 cup tahini, stirred well

1 1/2 tablespoons olive oil

2 tablespoons lemon juice

salt

pepper

olives (for garnish)

*4 medium plum tomatoes
(Roma), halved and seeded*

In a food processor fitted with a steel blade, combine the chickpeas, garlic, tahini, olive oil, lemon juice, salt and pepper. If too thick, add the chickpea liquid.

Fill the tomato halves with the mixture.

Garnish with olives

(Also makes a good dip with pita bread.)

Per Serving (excluding unknown items): 204 Calories; 12g Fat (51.0% calories from fat); 7g Protein; 19g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.