

RECIPE | TOMATOES

NOURISH BOWL



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INGREDIENTS

- 1 dry pint** Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes
- 2** carrots, peeled and sliced
- 1** zucchini, sliced
- 1** sweet potato, cubed
- 1 cup** lentils, rinsed
- 3 cups** water
- ½ cup** hummus
- 1 tbsp** extra virgin olive oil
- 1 tsp** oregano
- 1 tsp** cumin
- Salt and pepper to taste

DIRECTIONS

- 1** Preheat oven to 400°F. Add sweet potatoes and carrots to a baking sheet. Add olive oil, oregano, cumin, salt and pepper. Toss until well coated and cook in oven for 20 minutes.
- 2** After 20 minutes, flip sweet potatoes and carrots. Add the zucchini and tomatoes to the baking sheet. Cook for another 20 minutes. Remove from the oven and set aside.
- 3** In a medium pot, bring the water to boil and add lentils. Lower to a simmer and cook covered for 10 minutes.
- 4** In serving bowls, add roasted veggies, lentils and hummus. Enjoy!



45 min

5 min
PREP.

40 min
COOKING



2-3



Easy