



RECIPE | TOMATOES

NOURISH BOWL



5 min
PREP.



2-3



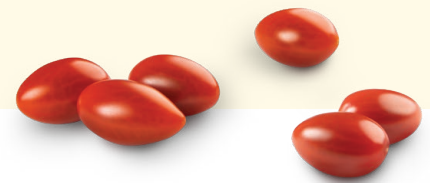
Easy

45 min

40 min
COOKING

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!

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