

# Stuffed Tomatoes with Chickpeas & Spinach

## Ingredients:

- 4 large ripe tomatoes
- 1 cup cooked chickpeas
- 1 cup fresh spinach (chopped)
- 2 garlic cloves (minced)
- 1 tbsp olive oil
- 2 tbsp grated parmesan (optional)
- Salt & pepper

## Instructions:

1. Cut the tops off tomatoes and scoop out the insides.
2. Heat olive oil in a pan, sauté garlic, spinach, and chickpeas. Season.
3. Stuff tomatoes with the mixture, sprinkle parmesan, and bake at 350°F (175°C) for 15 minutes.
4. Serve warm.

## Benefits:

Tomatoes bring lycopene, chickpeas add plant-based protein, and spinach boosts iron and vitamins.

