

# BAKED PEPPER-TOMATOES with BELUGA LENTILS

*These tomato hybrids have very little interior ‘meats’ and just a small amount of seeds- perfect for stuffing with a savory filling but better than a whole pepper as the skin is softer and flesh is sweeter. In this recipe I have used black Beluga lentils that contrast beautifully with the bright yellow tomato and red sauce, and the lentils retain more texture when cooked as opposed to a red or yellow lentil- French green lentils could be substituted in this dish with a similar look and mouth-feel.*

## Ingredients

- 4 large yellow Pepper-Tomatoes
- 1 small Onion, about 1/3 Cup diced
- 1 medium Carrot, about 1/3 Cup diced
- 1 medium green Bell Pepper, about 1/3 Cup diced
- 2 Tablespoons blended oil
- ½ Cup black Beluga Lentils
- 1 teaspoon Salt
- ½ teaspoon dried Basil
- ½ teaspoon dried Oregano
- ½ teaspoon Garlic Powder
- 1 Cup water
- 1 Cup shredded Cheese + a little extra
- 1 ½ Cups Marinara Sauce

## Directions

- Preheat oven to 350F.
- Slice off the top of each tomato and remove the seeds and some of the membrane from the rib sections.
- Sprinkle the interior with salt and set aside in a lightly greased baking dish.
- Heat oil over medium heat in a small saucepan and add diced onion, carrot & peppers. Cook for 8 minutes or so until the onions are softened and pepper just starting to turn dull green.
- Increase heat to medium-high, add lentils and seasonings and stir to combine before pouring in water.
- Bring to a boil and let simmer for 10 minutes, reduce heat and cover the saucepan with a lid and continue to cook for a further 20 minutes or until lentils are tender but not too soft.
- Fold in cheese and spoon filling into tomatoes before pouring sauce into baking dish and placing in the oven.
- Bake for 35 minutes until sauce is bubbling at the edges and cheese is melted.
- Serve as a side dish or main course with rice or noodles.