



STUFFED JALAPENOS

EQUIPMENT: SMALL SAUCE PAN
SAUTE PAN
OVEN
KNIFE & CUTTING BOARD

INGREDIENTS: 1 OZ. OLIVE OIL
2 OZ. COOKED RICE
6 JALAPENOS 3 OZ. HHF HUMMUS
1/2 ONION DICED GRATED PARMESAN
1/2 BELL PEPPER DICED SALT & PEPPER

METHOD:

FIRST

WEAR GLOVES IF YOU HAVE THEM WHILE PREPARING THE JALAPENOS. CUT THE TOP OF THE JALAPENO AND THEN LENGTHWISE FROM THE TOP TO THE BOTTOM. ONCE THEY ARE CUT IN HALF, SCOOP OUT THE WHITE CENTER ALONG WITH ALL OF SEEDS. BOIL FOR TEN IN A SMALL SAUCE PAN WITH ENOUGH WATER TO COVER THEM. DRAIN AND RESERVE.

SECOND

SAUTE THE DICED ONION AND BELL PEPPER IN THE OIL UNTIL THEY ARE TRANSLUCENT. ADD THE COOKED RICE AND HEAT THROUGH. ADD THE HUMMUS AND CONSTANTLY STIR TO KEEP THE HUMMUS FROM STICKING TO THE BOTTOM OF THE PAN. SEASON AND TAKE OFF THE HEAT ONCE THE MIXTURE HAS LOST SOME OF THE MOISTURE AND IS SLIGHTLY DRYER IN CONSISTENCY.

THIRD

USING A SMALL SPOON, STUFF THE BOILED JALAPENOS WITH THE RICE AND HUMMUS MIXTURE. PLACE THEM ON A FOIL LINED BAKING SHEET AND SPRINKLE WITH SHAVED PARMESAN CHEESE.

FOURTH

BAKE IN A 350 DEGREE HEATED OVEN FOR FIFTEEN MINUTES. SERVE HOT AND ENJOY!