

## Stuffed Tomatoes

- 4 medium to large ripe tomatoes
- 1 cup cooked rice, couscous, quinoa, or other grain
- 1/2 cup toasted pine nuts or chopped toasted almonds
- 2 cloves garlic, minced
- 3 T. finely chopped parsley
- 2 T. finely chopped basil
- 3 T. Parmesan
- Salt and freshly milled pepper
- Extra virgin olive oil

1. Preheat the oven to 375 degrees.
2. Trim the tops off of the tomatoes and scoop out the pulp.
3. Chop the pulp and mix it with the rice, nuts, garlic, herbs, and cheese.
4. Season well with salt and pepper and fill the tomatoes.
5. Replace the tops, brush them with oil, and set closely together in a small, oiled baking dish.
6. Bake until filling is hot, about 25 minutes. Carefully remove the tomatoes with a spatula to a serving plate.

Non-vegetarian OPTION: Sauté ground beef or turkey with chopped onion and add it to the rice mixture. You'll likely need another tomato or two to stuff.  
from "Vegetarian Cooking for Everyone" by Deborah Madison

Nutritional Facts: 923 Calories, 76 g Carbs, 65g Fat, 19g Protein, 279mg Sodium, 15g Sugar