



NUTRITION PER SERVING:

CALORIES	299
PROTEIN	10 G
CARBOHYDRATE	46 G
TOTAL FAT	10 G

PREP TIME:	10 MINUTES
COOK TIME:	35-40 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 TOMATO, ¾ C STUFFING

- 4** MEDIUM (2½ INCHES) TOMATOES, RINSED
- 1 TBSP** OLIVE OIL
- 2 TBSP** RED ONIONS, PEELED AND CHOPPED
- 1 C** COOKED MIXED VEGETABLES—SUCH AS PEPPERS, CORN, CARROTS, OR PEAS (LEFTOVER FRIENDLY)
- 1 C** QUINOA, RINSED*
- 1 C** LOW-SODIUM CHICKEN BROTH
- ½** RIPE AVOCADO, PEELED AND DICED (SEE TIP)
- ¼ TSP** GROUND BLACK PEPPER
- 1 TBSP** FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)



QUINOA-STUFFED TOMATOES

QUINOA (PRONOUNCED KEEN-WAH) IS A GRAIN NATIVE TO SOUTH AMERICA; CHILDREN WILL HAVE FUN EATING QUINOA OUT OF A HOLLOWED-OUT TOMATO

- 01 Preheat oven to 350 °F.
- 02 Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
- 03 Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
- 04 Add cooked vegetables, and heat through, about another 1–2 minutes.
- 05 Add quinoa, and cook gently until it smells good, about 2 minutes.
- 06 Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
- 07 When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
- 08 Carefully stuff about ¾ cup of quinoa into each tomato.
- 09 Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later).
- 10 Serve immediately.

* Unprocessed quinoa must be washed thoroughly before it is used to remove a powdery coating called saponin, which has an unpleasant and bitter taste.