

Stuffed Beefsteak Tomatoes



Yield: 4 Servings

Prep Time: 10 minutes

Total Time: 25 minutes

Vegetarians will love this stuffed Beefsteak tomato. Your favourite grain or grain/legume combination such as seasoned quinoa, brown rice and lentils or bulgur and black beans is combined with seasoned wilted greens such as kale, spinach or bok choy is stuffed into the tomatoes which are topped with old cheddar cheese and then baked or barbecued. Great on their own with a side salad or as a side dish for a main entrée.

Ingredients:

- 4 Beefsteak tomatoes, cored, seeds scooped out with a melon baller
- 1 ½ tablespoons olive oil
- Salt and pepper to taste
- 1 cup grain or grain/legume combination
- 1 cup lightly wilted kale, spinach or bok choy
- ½ cup shredded old cheddar cheese

Directions:

1. Preheat oven to 400 degrees or barbecue to medium high.
2. Prepare tomatoes as directed in ingredient list.
3. Rub inside and out with olive oil then season well with salt and pepper on the inside.
4. Combine grain with greens and half the cheese.
5. Stuff ½ cup of the mixture into the hollow of each tomato.
6. Place 1 tablespoon of remaining cheese on top of each tomato, pressing down to make it sure it is inside the hollow.
7. Bake or barbecue for 15 minutes until the tomato is blistered slightly, the filling is hot and the cheese has melted. Serve immediately.

Cooking Tips:

We have left the filling mixture a bit up to your preference. This is a great way of using up leftover grains such as cooked quinoa, rice, bulgur etc. The more seasoning in the grain the better the finished dish will be.

BEEFSTEAK

Nutrition Facts:

Serving Size: 1, Calories 283, Total Fat 12.8g (16% Daily Value), Saturated Fat 4.1g (20% Daily Value), Cholesterol 15mg (5% Daily Value), Sodium 107mg (5% Daily Value), Carbohydrate 32.6g (12% Daily Value), Dietary Fiber 4.7g (17% Daily Value), Sugars 3.5g, Protein 10.9g

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