

quinoa-stuffed tomatoes



National Heart, Lung,
and Blood Institute

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Ingredients

4 medium (2 1/2 inches)
tomatoes, rinsed

1 tablespoon olive oil

2 tablespoons red onions,
peeled and chopped

1 cup cooked mixed
vegetables—such as peppers,
corn, carrots, or peas

1 cup quinoa, rinsed

1 cup low-sodium chicken
broth

1/2 ripe avocado, peeled and
diced

1/4 teaspoon ground black
pepper

1 tablespoon fresh parsley,
rinsed, dried, and chopped
(or 1 teaspoon dried)

quinoa–stuffed tomatoes

1. Preheat oven to 350°F.
2. 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.
3. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
4. Add cooked vegetables, and heat through, about another 1–2 minutes.
5. Add quinoa, and cook gently until it smells good, about 2 minutes.
6. 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.
7. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
8. Carefully stuff about 3/4 cup of quinoa into each tomato.
9. 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). Serve immediately.

Yield 4 servings, **Serving Size** 1 tomato, 3/4 cups stuffing, **Calories** 299,
Total Fat 10 g, **Saturated Fat** 1 g, **Sodium** 64 mg, **Total Fiber** 8 g, **Protein** 10 g,
Carbohydrates 46 g, **Potassium** 906 mg