

Quinoa

STUFFED TOMATOES



PORTION: 1 tomato with 3/4 cup of stuffing

SERVES: 4

SUPERFOOD

INGREDIENTS

1 qt Vegetable Stock, Low Sodium

1/2 cup Red Onions, Chopped

1/4 cup Green Bell Peppers, Chopped

1/4 cup Red Bell Peppers, Chopped

1 cup Quinoa, Dry

4 ea Tomatoes, Fresh

1/4 cup Eggplant, Medium Diced

1/4 cup Carrots, Diced

1/2 tsp Canola Oil

1 1/2 tsp Ground Black Pepper

1/4 cup Fresh Parsley, Chopped

1/4 ea Avocado, Diced

METHOD

1. Preheat oven to 350F degrees. Cut the tops off of the tomatoes and hollow out the insides.
2. Heat oil in a saucepan over medium-high heat. Add onions and cook until they begin to soften, about 1-2 minutes. Add bell peppers, eggplant and carrots and sauté until tender, approximately 2-3 minutes. Add quinoa and cook gently for 2 minutes. Add the stock to the quinoa and vegetable mixture. Bring to a boil then reduce heat to a simmer and cover. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7-10 minutes.
3. When quinoa is cooked, remove the cover and fluff the quinoa. Gently mix in the avocado, pepper and parsley. Carefully stuff about 3/4 cup of quinoa into each tomato. Place tomatoes on a baking sheet and bake in preheated oven until tomatoes are heated through, about 15-20 minutes.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	5g	0.5g	43g	8g	8g	40mg