quinoastuffed tomatoes

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

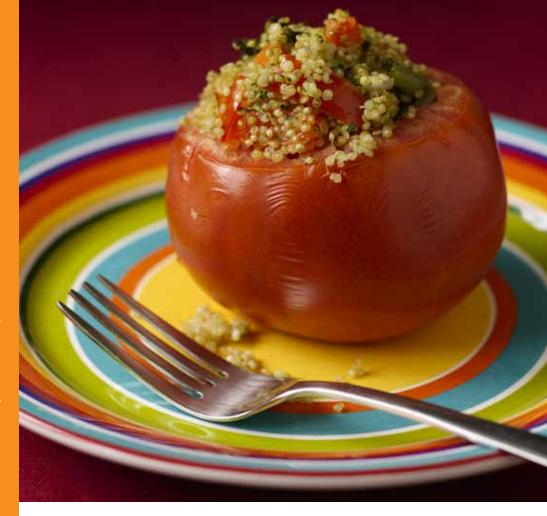
1 cup quinoa, rinsed

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)



- 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

