Michele Sodon

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

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)

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.

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