



IN

The Villages[®]

America's Healthiest Hometown

Quinoa Stuffed Tomatoes

Prep Time: 10 minutes

Cook Time: 40 minutes

Yields: 4 servings

Serving Size: 1 tomato, ¾ cup stuffing

Ingredients:

4 medium (2 ½ 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

1 C quinoa, rinsed*

1 C low-sodium chicken broth

½ ripe avocado, peeled and diced

¼ tsp ground black pepper

1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

Directions:

1. Preheat oven to 350°F.
2. Cut off the tops of the tomatoes and hollow out the insides. 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 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 $\frac{3}{4}$ cup of quinoa in each tomato.
9. Place tomatoes on a baking sheet, and bake for 15-20 minutes (or until tomatoes are hot throughout).
10. Serve immediately.

Tip: Tomatoes may be stuffed in advance and baked later.

*Unprocessed quinoa must be washed thoroughly before it is used to remove a powdery coating called saponin, which has an unpleasant and bitter taste. Check the package for rinsing instructions.

Nutritional Information:

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

Vitamin A: 110%

Vitamin C: 40%

Calcium: 6%

Iron: 30%

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute