Quinoa Stuffed Tomatoes

**Prep Time:** 10 minutes  
**Cook Time:** 40 minutes  
**Yields:** 4 servings  
**Serving Size:** 1 tomato, ⅛ 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  
⅛ 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 ¾ 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