

## Quinoa-Stuffed Tomatoes

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4 medium tomatoes  
1 clove garlic, minced  
¼ cup quinoa, rinsed  
½ cup water  
¼ cup corn niblets  
1 red pepper, diced

¼ tsp each salt and pepper  
¼ cup Parmesan cheese, grated  
2 tbsp fresh basil leaves, chopped

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Preheat broiler. Cut tops off tomatoes and hollow them out to create cups; dice and reserve flesh. Place tomatoes on foil-lined baking sheet. In pot set over medium heat, add garlic, quinoa and water. Cover. Simmer 15 minutes. Remove from heat and add tomato flesh, corn, red pepper, salt and pepper. Let sit 5 minutes. Fluff with fork. Stuff tomatoes with quinoa mixture. Top with Parmesan. Broil 5 minutes. Sprinkle with basil.



Makes 4 servings. Each:  
118 calories ♦ 6g protein ♦ 3g total fat  
♦ 4mg chol ♦ 20g carb ♦ 1g sugar ♦  
4g fiber ♦ 257mg sodium