



Healthy Dad Recipes

BAKED STUFFED TOMATO

Yield: 4 servings

Ingredients:

½ cup	brown rice
1 cup	water
8 large	tomatoes
1 cup	grated cheese
1 can	mixed beans rinsed and drained
50 g	mushrooms chopped finely
1 tbsp	fresh parsley chopped



Instructions:

- Preheat oven to 325⁰F.
- In a small saucepan with fitted lid, bring water to a boil over high heat.
- Add rice and stir, cover and reduce heat to low. Simmer for 25 minutes.
- Remove from heat and let stand 5 – 10 minutes.
- Cut tops of tomatoes.
- Gently scoop pulp out into a bowl and mash with fork.
- Combine cooked rice, tomato pulp, ½ cup grated cheese, four bean mix, mushrooms and parsley.
- Divide mixture into the 8 tomatoes and top with the remaining shredded cheese.
- Place tomatoes in ovenproof dish with 1 cm of water in bottom.
- Bake uncovered for 30 minutes until cheese is melted and tomatoes have softened.

Nutritional Facts:

1 serving: 222 calories, 5 g fat (3 g saturated), 137 mg sodium, 33 g carbohydrate, 8 g protein.

Recipe courtesy of taste.com.au