

Stuffed Tomatoes (Savory, Gluten-Free)

Ingredients

- 4 large firm tomatoes
- 1 Tbsp olive oil
- ½ small onion, finely diced
- 1 garlic clove, minced
- 1 cup cooked brown rice or cauliflower “rice”
- ¼ cup finely diced red bell pepper
- 2 Tbsp parsley, chopped
- 2 Tbsp grated Parmesan or dairy-free alternative (optional)
- ½ tsp salt, ¼ tsp black pepper

Instructions

1. Prep tomatoes: Slice ½ inch off the tops. Using a spoon, scoop out the pulp and seeds (leave ¼ inch wall). Lightly salt the insides; turn tomatoes upside down on a towel to drain.
2. Make filling: Heat olive oil in a skillet over medium. Sauté onion 3 minutes. Add garlic 30 seconds. Stir in rice (or cauliflower rice), bell pepper, parsley, salt, and pepper. Cook 2–3

minutes to combine. Off heat, fold in Parmesan if using.

3. Stuff and bake: Place tomatoes in a small baking dish. Spoon filling into each, mounding slightly. Bake at 375°F (190°C) for 15–20 minutes, just until tomatoes are tender but still hold shape.

4. Serve: Drizzle with a few drops of olive oil. Garnish with extra parsley.