

Stuffed Tomato with fresh herbs



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

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Ingredients

6 ripe but firm large tomatoes
5 tbsp olive oil
1 cup Arborio rice
1 clove garlic, minced
1/4 cup chopped fresh basil
1/4 cup fresh marjoram
4 tbsp chopped fresh Italian parsley leaves
4 tbsp fresh thyme- stems removed
2 tbsp chopped mint leaves
1/4 cup grated Parmesan
1/4 cup white wine or water or broth

Directions

Preheat oven to 350 degrees.
Wash tomatoes, cut about 1/2 inch thick slice off the top of each tomato, reserve tops. Scoop out the pulp into a bowl and add any additional juice. Mix in the rice, 2 tbsp olive oil and the rest of the ingredients. Toss well.

Oil the bottom of an 8 by 8 baking dish with 2 tbsp of the olive oil. Spoon the rice mixture into the tomatoes, mounding the stuffing and place them in the prepared pan, place the top back on the tomatoes. Bake until rice is tender. About 45 minutes.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

270 kc

13.5g

2.4g

3mg

54mg

33g

4.9g

8.4gm