

# Mediterranean Stuffed Tomatoes

## Ingredients:

- 1 cup cooked red or black quinoa
- 8 medium on-the-vine tomatoes
- 1/3 can quartered artichokes (1/2 cup), roughly chopped
- 1/2 cup full fat feta, plus a few tablespoons extra for topping
- 15 kalamata olives, sliced thin
- 1 tablespoon olive oil
- 2 cloves fresh garlic minced
- ground sea salt, to taste

## Directions:

- 1) Rinse and cook quinoa (add appropriate water, bring to a boil then let simmer for 15 to 18 minutes).
- 2) Preheat oven to 375F.
- 3) Core the tomatoes by slicing off the top 1/8 inch of each tomato. Be careful not to cut through the bottom. Use your finger to gently pull out the core.
- 4) In a medium bowl, mix together the filling (cooked quinoa, feta, artichokes, olives, olive oil and garlic).
- 5) Spray your dish with cooking oil and brush the tops of the cored tomatoes with olive oil.
- 6) Stuff the tomatoes with the quinoa mixture. Top each tomato with extra feta.
- 7) Bake for 15-20 minutes, until the feta starts to turn golden.

Recipe from: <https://cookieandkate.com/2011/stuffed-tomatoes-with-quinoa/>

For more recipes, visit <https://stjoefarm.wordpress.com>

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Serves 4

*Try stuffed peppers  
and use the inside of  
the cored tomato in the  
filling. Garnish each  
tomato with a small  
basil leaf for a  
beautiful presentation!*

