

STUFFED TOMATOES

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Tomatoes stuffed with cheese.



Ingredients:

4 -5 fresh ripe tomatoes, washed and deseeded.

For stuffing:

200 g (7 oz) cheese, grated.

2 -3 tbsp fresh dill, finely chopped.

2 - 3 tbsp mayonnaise.

Method

1. Cut the tops of each of tomato. Take away seeds. Set aside.
2. Mix cheese, dill and mayonnaise. Stir.
3. Put the mixture into each tomato. Decorate the stuffed tomato with parsley leaves, chill and serve.

Tomatoes stuffed with rice and sweet paprika.



Ingredients:

500 g (1,1 lb) fresh ripe tomatoes, washed and deseeded.
4 tbsp chopped dill.

For stuffing:

1 hard boiled egg, cubed.
1 cup rice, boiled, drained.
2 sweet paprika, washed and deseeded, cubed.
3 tbsp mayonnaise.
3 tbsp oil, to simmer paprika.
ground pepper, salt to taste.
2 tbsp parsley, chopped.

Method:

1. Cut the tops of each of tomato. Take away seeds. Set aside.
2. Simmer paprika with the oil in the pan. Cool. Mix paprika with rice, egg and mayonnaise. Season with salt, parsley, pepper. Stir.
3. Fill tomatoes with the mixture. Sprinkle the stuffed tomato with chopped dill. Decorate with parsley.

Tomatoes stuffed with pork and rice.

Ingredients:

12 fresh ripe tomatoes, washed and deseeded.

For stuffing:

200 g (7 oz) pork or chicken breast, fillet, boiled, minced.

100 g (3,5 oz) rice, boiled, drained.

1 tbsp parsley leaves, chopped.

1 tbsp dill, chopped.

1 egg, beaten.

salt and ground pepper to taste.

1 onion, finely chopped.

100 g (3,5 oz) sour cream.

Method:

1. Cut and remove the tops of the tomatoes. Scoop out the pulp and place in a mixing bowl. Set aside the scooped-out tomato "cups."
2. Cook rice in the water until tender. Strain and drain.
3. Combine rice with boiled minced meat and the tomato pulp. Simmer onion and put into rice - meat mixture.
4. Add remaining ingredients and mix together. Season. Stir.
5. Fill the tomato cups with the stuffing. Put the stuffed tomatoes into greased baking pan or dish. Pour over tomatoes sour cream, scatter greenery. Bake in the oven until the tomatoes are cooked and the stuffing is heated through, 10 to 15 minutes.

Tomatoes stuffed with chicken.

Ingredients:

3 fresh ripe tomatoes, washed and deseeded.

3 lettuce leaves.

For stuffing:

150 g (5,3 oz) chicken breast, fillet, boiled, minced.

parsley leaves, chopped.

2 - 3 tbsp mayonnaise.

salt to taste.

1 onion, sliced.

Method:

1. Cut the tops of each of tomato. Take away seeds. Set aside.
2. Mix tomato with minced chicken fillet, parsley and mayonnaise. Add salt. Stir.
3. Put the mixture into each tomato. Decorate the stuffed tomato with onion rings and serve on lettuce leaves.

Tomatoes stuffed with apples.

Ingredients:

4 - 6 fresh ripe tomatoes, washed and deseeded.

4 - 6 lettuce leaves.

For stuffing:

2 fresh apples, washed, peeled, cubed.

1 cucumber, marinated, peeled, cubed.

2 - 3 tbsp mayonnaise.

Method:

1. Cut the tops of each of tomato. Take away seeds. Set aside.
2. Mix tomato with apples, cucumber and mayonnaise. Stir.
3. Put the mixture into each tomato. Decorate the stuffed tomato with parsley leaves and serve on lettuce leaves.

Grilled Stuffed Tomatoes

Serves 6

6 medium tomatoes

1/2 tsp seasoning salt

1/4 tsp seasoning pepper

pinch of cayenne

dash of hot sauce

1/3 cup Russian dressing

1/2 cup bread crumbs

Serrate the tops of the tomatoes. Remove the tops. Scoop out the pulp and place in a mixing bowl; set aside the scooped-out tomato "cups."

Add remaining ingredients to the tomato pulp and mix together. Add more bread crumbs if the stuffing is too wet. Fill the tomato cups with the stuffing. Cook over a medium-hot grill until the tomatoes are cooked and the stuffing is heated through, 10 to 15 minutes.

Greek Stuffed Tomatoes

12 Large Tomatoes
4 Tablespoons Olive Oil
3 Medium Onion - chopped
3 Cloves Garlic - chopped
1 Pound Ground Beef
1 Small Zucchini - chopped
1/2 Cup Parsley - chopped
1 Cup Rice
1/2 Cup Pine Nuts
1 Cup Dry White Wine
Salt And Pepper
1 Teaspoon Oregano
1 Cup Water

Cut off tops of tomatoes, scoop out pulp, chop pulp & set aside Turn tomatoes upside down on paper toweling to drain. In skillet add 1/2 olive oil, onions garlic & beef, brown. Add everything down to salt and pepper, cover, simmer 30 minutes. Sprinkle inside of tomatoes with the salt, pepper and oregano. Spoon mixture inside. Place in baking pan then combine the water and remaining oil, pour over tomatoes. Bake 350*, 35 minutes basting occasionally with pan juices.

Tomatoes are a good source of vitamin A and are high in Vitamin C. Recent studies have determined that tomatoes are one of a few food sources of the antioxidant lycopene which is related to beta carotene. A study conducted in Italy showed that consuming seven or more servings of tomatoes a week reduced the risk of developing colon, rectal and stomach cancer by sixty percent!

STUFFED TOMATO SALAD

6 to 8 firm ripe tomatoes, peeled and cored
2 (3 oz.) pkgs. cream cheese
1/2 cucumber, grated
2 or 3 tsp. chopped parsley
1 tsp. minced onion
1/2 c. heavy cream
3/4 c. mayonnaise
Salt to taste
Lettuce cups

Mix cream cheese, cucumber, parsley, onion, salt and 3 tablespoons of the mayonnaise. Stuff the mixture into six or eight tomatoes, depending on size. Whip the cream and combine it with the remaining mayonnaise. Place stuffed tomatoes in lettuce cups and top with the whipped-cream mayonnaise.

SPICY CORN STUFFED TOMATO SALAD

6 small, ripe tomatoes
1/2 c. creamy buttermilk dressing
2 tbsp. snipped parsley
1/4 tsp. pepper
Dash ground red pepper
2 c. cooked fresh corn kernels
1/2 c. shredded Monterey Jack cheese
1/4 c. chopped green pepper
1/4 c. chopped cucumber
1/4 c. chopped onion
Lettuce leaves

Place tomatoes, stem end down, on a cutting surface. Cut each into 4 to 6 wedges, cutting to, but not through, stem end. Spread wedges apart slightly; sprinkle with salt. Cover; chill. In a small mixing bowl, combine dressing, parsley, pepper and red pepper. In another bowl, combine corn, cheese, green pepper, cucumber and onion. Add dressing mixture; toss gently to coat. Cover; chill. Serve tomatoes filled with corn mixture over lettuce on individual plates. Makes 6 servings.

STUFFED TOMATO SALAD

5 good sized tomatoes
1 c. diced celery
1 cucumber, peeled and diced
1 tbsp. finely chopped onion
1/3 c. mayonnaise
Lettuce
Salt to taste

Wash the tomatoes, cut the stem end and scoop out centers. Dice tomato centers. Combine with cucumbers, onion, and enough salt to suit tastes. Then fold in the mayonnaise. Cover and chill the filling and tomato shell separately.

Stuff tomatoes with filling and serve at once on crisp lettuce.

STUFFED TOMATO SALAD

1kg tomatoes,
one medium-sized celery,
250 g brined sheep's cheese,
parsley.
pepper,
vinegar,
sunflower oil ,
salt,
one cucumber

Preparation :

Peel and dice the celery boil in salt water, strain and mix with the grated cheese, oil, pepper and finely chopped parsley. Slice off the tomato tops, core and fill with the mixture (for an even more appealing appearance place the tomatoes on top of cucumber slices). Trim with small pieces of tomatoes and parsley.

Mediterranean Stuffed Tomatoes

These make a beautiful presentation and are a great twist on an old favorite.

Makes 6 servings; 2 tomatoes per person

Ingredients:

12 large tomatoes,

Filling:

1 tablespoon olive oil
1 pound extra lean ground beef
1 cup (1 medium) yellow onion, diced 1/4 inch

1/2 cup red bell pepper, diced 1/4 inch
2 teaspoons garlic, fresh minced
1 cup basmati rice or long grain rice
salt, cayenne pepper, ground - to taste

1 cup tomatoes, chopped
2 tablespoons pine nuts, toasted
3 tablespoons fresh dill, minced
2 tablespoons fresh mint, minced
2 tablespoons fresh oregano, minced
1/4 cup dried cranberries, chopped
3 tablespoons lemon juice, fresh (1 lemon)
2 3/4 cups beef or chicken broth (2 cans- 14.5 ounces each)

Preparation:

Preheat oven to 350 degrees F.

Cut tops off of tomatoes about 3/4 inch down from top. Save for "lids". Using a spoon or melon baller, scoop out insides of tomatoes, leaving outer layer intact. Discard insides, or you can discard seeds, and save pulp for use in filling if desired. Sprinkle inside of tomatoes with salt and invert onto rack to drain. This will make the tomatoes firmer for baking. Let sit inverted while you prepare filling, at least 20 minutes.

To prepare filling

Over high heat brown beef and onions in olive oil and cook until golden brown, 8 to 10 minutes. Add next set of ingredients and stir in. Let cook 2 minutes. Add remaining ingredients and bring to a boil. Stir, then reduce heat to simmer and cover. Let cook for 10 to 15 minutes until liquid is just absorbed. Rice will still be a little chewy.

Stuff hollowed out tomatoes with about 1/2 cup of filling each, mounding slightly on top. Place in large baking dish, the tomatoes should just touch each other in the pan. Place tomato top "lids" back on tomatoes. Cover with foil and place in preheated oven. Bake for 30 to 40 minutes until hot throughout, but tomatoes should still hold their shape.

Stuffed Tomatoes With Rice

6 large tomatoes

1/2 cup chopped bell pepper

1 cup chopped onion

1 jalapeno pepper, seeded, chopped

3 cups cooked rice (about 1 cup raw long-grain rice)

6 slices bacon, cooked until crisp, crumbled

salt and pepper, to taste

soft buttered bread crumbs

3/4 cup shredded Mozzarella or Monterey Jack cheese

Preparation :

Cut off top of tomatoes and scrape pulp out of inside, leaving a

firm shell. Add pulp to skillet with the bell pepper, onion and jalapeno pepper. Cook covered over low heat for about 10 to 15 minutes.

Add rice and bacon and season to taste. Stuff this back into the tomatoes and sprinkle with bread crumbs and shredded cheese. Place tomatoes in a casserole or baking dish with about 1/4 cup of water to keep from sticking. Cook in oven at 425° for 15 to 20 minutes or until tomatoes are tender.

Rice stuffed Tomato

2 Cups Basmati Rice,
6 large-round-red tomatoes,
3 bay leaves,
3 cinnamon sticks,
Pinch of saffron,
3 onions (finely chopped),
2 cloves garlic, minced
2 cups tomato puree,
Salt and oregano to taste,
Butter or vegetable oil for cooking

Boil Basmati Rice in water flavoured with bay leaves, cinnamon and saffron.

The Tomatoes - Wash and dry the tomatoes and cut off a thin slice from the top. Scoop out the pulp and fill the tomato shells with the seasoned rice. Steam the tomatoes lightly in an upright position, and garnish with fresh celery.

The Gravy - Saute finely chopped onions and garlic in butter. Add tomato puree and saut for another 5 minutes. Blend mixture in a processor or blender and add salt and oregano to taste. Transfer the gravy into a serving dish to top the stuffed tomatoes. To be served hot.

Italian Stuffed Tomatoes

12 medium-large ripe tomatoes
lemon juice
2 tablespoons olive oil
2 medium onions, diced
1/2 cup raisins, soaked in warm water 10 minutes and drained
1/2 cup pine nuts
2 tablespoons parsley
1/4 teaspoon allspice
1/4 teaspoon freshly ground pepper
1/4 teaspoon paprika
1/8 - 1/4 teaspoon cinnamon
cayenne pepper, salt to taste
2 tablespoons fresh lemon juice
1 cup cooked rice (Arborio-type rice recommended)
1/4 cup white wine OR water
1/4 cup tomato juice
1-2 tablespoons olive oil

Slice off the tomato tops and reserve for use as a lid. Scoop out the pulp and seeds. Lightly sprinkle the insides with lemon juice and salt. Invert the tomatoes on a baking rack set over paper towels.

Heat the olive oil in a saute pan. Add the onions and saute over moderately-low heat for 10 minutes, stirring occasionally, until translucent and golden. Add raisins, pine nuts, allspice, pepper, paprika, cinnamon and cayenne pepper (optional). Cook, stirring frequently 2 minutes. Add parsley and lemon juice. Continue cooking long enough to heat through.

Preheat the oven to 375 degrees.

Add rice to onion mixture and combine well. Add salt and pepper to taste. Fill the tomato cavities, taking care not to press the rice mixture in too firmly.

Place the stuffed tomatoes in a baking dish sized to fit the tomatoes snugly and upright.

Combine tomato juice, wine, and olive oil in a small saucepan. Bring the liquid to a boil, reduce the heat and simmer for 10 minutes, covered. Pour the liquid around the tomatoes, drizzling some over the tops of the tomatoes. Cover with the reserved tomato tops.

Bake until tomatoes are tender but still firm, 25 to 30 minutes. May be prepared in advance. To serve, allow tomatoes to come to room temperature.

Tomatoes Stuffed with Rice Salad

1 cup/210g brown rice
1 1/2 cups water
1 tsp./5ml salt

6 large tomatoes, well washed and hollowed out

3 oz./90g fresh shelled green peas, gently steamed
2 oz./60g toasted pine nuts
1 stalk celery, finely diced
1 stalk fresh fennel, finely diced
Generous handful fresh chervil, chopped
Generous handful fresh summer savory, chopped
Enough sherry vinaigrette to moisten the mixture

Greenleaf lettuce leaves

Preparation :

Put rice, water and salt in a saucepan. Bring to boil, turn off the burner and let the saucepan sit, tightly covered, for 45 minutes to an hour, until the rice is tender. Do not peek during this time!

Cut off a small part of the tops of the tomatoes. Scoop out the insides, leaving as thick a wall of the tomato flesh as you can. Chop the tops and scooped out material. Set aside.

Cook the peas until bright green and crisp-tender' refresh in cold water. Set aside.

When the rice is cooked, cool for 15-20 minutes. Toss with the chopped tomato, peas, pine nuts, celery, fennel, chervil and summer savory. Add enough sherry vinaigrette to moisten to taste and mix gently but thoroughly. Add salt and freshly ground black pepper to taste.

Divide the rice salad among the tomatoes. Arrange lettuce leaves on 6 dinner plates and place a stuffed tomato on each plate.

Stuffed Tomatoes With Rice

15 firm tomatoes

250 grams rice

220 grams olive oil

3 onions

1 teaspoon dried mint

1 small bunch parsley

2 soft tomatoes, chopped

1/2 tablespoon tomato paste

salt

Preparation :

Cut tops off tomatoes. Scoop insides out and set aside. 2- In a small saucepan, place half of the olive oil and finely chopped onions. Saute lightly. Add chopped tomatoes and saute for a further 3 minutes. 3- Add washed rice and toast for 5 minutes. Add salt and 250 ml boiling water. Stir. Simmer until all liquid is evaporated. 4- To the top of this mixture, add chopped parsley and mint. Cover and set aside.

Mix rice mixture and fill tomatoes. Garnish each stuffed tomato with slice of tomato. In a large saucepan, add remaining oil and tomato paste. Saute lightly. Place stuffed tomatoes in bottom of pan. Add water, enough to almost cover tops of tomatoes. Cover and cook on medium heat. Cool before serving. This dish is served cold.

Stuffed Cherry Tomatoes

36 cherry tomatoes

1 package (8oz) cream cheese, softened

1 tablespoon Good Season Zesty Italian dry mix

2 tablespoons milk

3 tablespoons chopped fresh parsley

Preparation :

Stem-sides down, carefully cut off the top 1/8 inch of each tomato. Carefully scoop out a small amount of tomato. Place tomatoes on a platter.

Combine cream cheese, dressing mix, and milk. Mix well.

Fill each tomato with 1 teaspoon of the cream cheese mixture and sprinkle tops with chopped parsley. Refrigerate for up to 6 hours before serving.

BAKED STUFFED TOMATOES

Servings: 6

INGREDIENTS

6 medium tomatoes (about 2 pounds)
1/4 cup finely chopped green pepper
1/4 cup grated Parmesan cheese
1/3 cup croutons
1 teaspoon salt
parsley sprigs or crumbled crisply fried bacon

DIRECTIONS

Heat oven to 350 degrees. Wash tomatoes; remove stem ends. Remove pulp from each tomato, leaving a 1/2 inch wall; chop pulp to measure 1/3 cup. Stir together tomato pulp and remaining ingredients except parsley. Fill tomatoes with tomatoes cheese mixture. Place filled tomatoes in ungreased baking dish, 11 x 7 x 1/2 inches.

Bake 20 to 25 minutes or until tomatoes are heated through. Garnish with parsley.

TUNA SALAD STUFFED TOMATOES

INGREDIENTS

6 Ripe firm tomatoes
1 can Tuna
1/2 cup Peas
3 stalks Celery cleaned and chopped up
1/2 cup Mayonnaise
1 pinch Baking soda
Salt and pepper

DIRECTIONS

Cook the peas in a little water with a pinch of baking soda. Submerge the tomatoes in boiling water a few seconds to peel them more easily. Cut off the very tops of the tomatoes; hollow out a space inside the tomatoes carefully so they don't break. Mix together the tuna, peas, celery and mayonnaise. Fill the tomatoes with this mix. Serve on lettuce leaves and garnish with parsley.

(Tomatoes may also be filled with potato salad, sardines, vegetables and even rice.)

Spinach Stuffed Tomatoes

4 large firm ripe tomatoes
4 cups fresh spinach, washed and chopped,
.....or 1 10oz. pkg. frozen chopped spinach, thawed and squeezed dry
1 cup nonfat cottage cheese
1/4 cup parmesan cheese
1/2 cup dried bread crumbs
1 tsp. dried oregano

Preparation :

Preheat oven to 425°F. Slice off the top 1/4 inch of each tomato. Scoop out the pulp with a spoon. Remove as many seeds from pulp as possible. Combine the seedless tomato pulp with remaining ingredients and stuff mixture into hollowed tomatoes. Place in a baking dish which has been sprayed with nonstick spray. Cover with foil and bake about 30 minutes, or until filling is set. Remove foil during last 5 minutes of baking to lightly brown tops.

SPINACH-STUFFED TOMATOES

INGREDIENTS

2 tablespoons bacon drippings
1/3 cup chopped onion
8 ounces fresh spinach, chopped
1/2 cup sour cream
3 slices bacon, fried and crumbled
Tabasco sauce, a dash or two
4 medium tomatoes
salt, to taste
1/2 cup Mozzarella cheese, shredded

DIRECTIONS

In a heavy skillet, cook onion in baking drippings until tender. Stir in spinach; cover and cook for about 5 minutes, until tender. Remove from heat and stir in sour cream.

Cut off tops of tomatoes; scoop out centers, leaving shell intact. Sprinkle tomato shells lightly with salt and fill with spinach mixture. Place tomatoes in a lightly greased baking dish; bake at 375 degrees for 20 to 25 minutes. Top with cheese and continue baking until melted.

Serves 4.

Domates Yemistes (Stuffed Tomatoes)

Ingredients:

12 Firm, ripe tomatoes
Salt
Granulated sugar
3 tbsp Olive oil or butter
1 Onion; finely chopped
2 Garlic cloves; chopped
1/4 cup Chopped fresh parsley
1/2 lb Lean lamb or veal, ground
1/4 cup Dry white wine
1/4 cup Water
6 tbsp Raw long-grain white rice
Tomato juice (if necessary)
Freshly ground pepper
2 Sprigs fresh mint or basil
1 pinch grated nutmeg

Instructions:

Wash the tomatoes, then turn each stem-side down, and with a sharp knife carefully cut the end now up to make an opening or "cap" being careful not to detach the cap entirely.

With a small spoon, carefully, without breaking the outer skin of the tomatoes, scoop the pulp into a bowl. Place the tomato shells in a baking-serving dish large enough to support them touching.

Sprinkle the inside of the shells with salt and sugar. Meanwhile, prepare the stuffing.

Heat the oil in a heavy skillet and add the onions. Cook over moderate heat until soft occurs.

Makes 4 servings.

STUFFED TOMATOES (DOMATES YEMISTES) Greece

6 lg. tomatoes
1/2 lb. ground lamb
1 bunch scallions, chopped
1 clove garlic, finely chopped
2 tbsp. chopped parsley
1/2 c. shredded zucchini
3/4 c. rice
Salt and pepper
1/2 c. pine nuts
1/2 c. white wine
Sugar
Grated cheese
1/4 c. olive oil

Cut tops off tomatoes and reserve. Scoop out pulp, chop and reserve. Place tomato shells in a baking dish.

Sprinkle lightly with salt, pepper and a dash of sugar. In a skillet, lightly saute onions, garlic and lamb; add grated zucchini, rice, pine nuts, 1/4 cup white wine, then simmer for 25 minutes. Spoon this mixture into shells and cap them with tomato tops.

Combine remaining tomato pulp with 1/2 cup of water, 3 tablespoons of olive oil, 1 teaspoon of sugar and 1/4 cup of wine. Pour over tomatoes. Bake in 350 degree oven for 35 minutes, basting occasionally.

POMODORI RIPIENI

(Stuffed Tomatoes)

- 4 medium tomatoes
- 6 1/2-ounce can tuna
- 3 slices bread, coarsely crumbled (crust removed)
- 8 anchovy fillets, chopped
- 1 clove garlic, crushed
- 1/2 teaspoon dried basil
- 2 tablespoons fine dry breadcrumbs
- 1 1/2 tablespoon grated Parmesan cheese
- 3 tablespoons melted butter

Preparation :

Cut tops off tomatoes and discard. Scoop out pulp and push through a sieve into medium bowl. Add tuna, crumbled bread, anchovy fillets, garlic and basil and mix well. Stuff each hollowed tomato with mixture. Combine breadcrumbs, cheese and melted butter and sprinkle over stuffed tomatoes. Arrange tomatoes in baking dish and bake at 375 F for 20 minutes or until golden brown and heated through.

CORN-STUFFED TOMATOES

6 large tomatoes
1/2 teaspoon salt, optional
1/2 cup plain or Italian-seasoned bread crumbs
2 cups frozen corn, thawed
2 tablespoons each chopped green pepper, celery and onion
2 tablespoons half-and-half cream
1 tablespoon butter or margarine, melted
2 tablespoons shredded mozzarella cheese
1/4 cup water

Preparation :

Cut a thin slice off the top of each tomato; scoop out and discard pulp. Sprinkle salt inside tomatoes if desired. Invert on paper towel to drain. Combine bread crumbs, corn, green pepper, celery, onion, cream and butter; spoon into the tomatoes. Place in an ungreased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese. Pour water into the baking dish. Bake, uncovered, at 350 degrees for 30 minutes or until tomatoes are tender.

Yield: 6 servings.

Diabetic Exchanges: One serving (prepared with plain bread crumbs, margarine and low-fat mozzarella and without salt) equals 1 starch, 1 vegetable, 1/2 fat; also, 131 calories, 108 mg sodium, 3 mg cholesterol, 27 gm carbohydrate, 5 gm protein, 2 gm fat.

Cornbread Stuffed Tomatoes

Ingredients:

4 ripe tomatoes
2 cups crumbled cornbread
1/2 cup mayonnaise
4 - 6 slices bacon, cooked and crumbled
3 - 4 green onions, chopped
to taste salt
to taste pepper

Directions:

Remove tomato cores. Scoop out pulp using a grapefruit spoon, place in a bowl leaving shells intact.

Stir together tomato pulp, cornbread and remaining ingredients. Spoon mixture into tomato shells.

Makes 4 servings.

Broccoli Stuffed Tomatoes

- 6 Medium tomatoes
- 1 Pkg. frozen chopped broccoli -- (10 oz.)
- 1/2 C. shredded low fat cheese of your choice
- 1 C. soft whole wheat bread crumbs
- 1/4 C. low fat mayonnaise
- 2 tbsp. chopped onion
- 2 tbsp. grated light Parmesan cheese

Wash tomatoes; cut tops from tomatoes, scoop out pulp, leaving shells intact. Reserve pulp for other use. Sprinkle cavities of tomatoes with a little salt and pepper.

Cook broccoli. Drain well. Combine broccoli, cheese, bread crumbs, mayonnaise and onion. Mix well. Stuff tomatoes. Sprinkle with Parmesan cheese. Bake 30 minutes at 350F.

Yield:6 servings.

FRANK-STUFFED TOMATOES FOR TWO

2 large tomatoes
2 tablespoons chopped onion
2 tablespoons chopped celery
1 tablespoon butter OR margarine
1 tablespoon all purpose flour
1/8 teaspoon salt
1/2 cup milk
1/2 cup shredded sharp American cheese (2 ounces)
2 frankfurters OR fully cooked smoked sausage links, sliced
1/2 cup plain croutons

Cut tops off tomatoes, scoop out pulp and reserve for another use. Invert tomatoes on paper toweling to drain.

In saucepan cook onion and celery in butter till tender but not brown. Stir in flour and salt. Add milk all at once, cook and stir till thickened and bubbly. Add cheese and franks; cook and stir till cheese melts. Stir in croutons.

Spoon into tomato shells, place in small baking dish. Bake uncovered at 350 F. for 30 minutes.

Serves 2.

Herb-Stuffed Tomatoes

4 round, ripe, firm tomatoes
1/2 cup bread crumbs ,
1 sprig parsley
1 tbs. oregano,
8 basil leaves
1 tbsp. capers, chopped ,
1 clove garlic salt ,
4 tbs. olive oil

Cut the tomatoes in half horizontally and remove the seeds. Salt and leave upside down for half an hour on a towel.

Chop parsley with basil and garlic, add bread crumbs, oregano and the capers. Salt and mix well. Place the tomatoes on a greased baking dish and fill them with the stuffing. Drizzle them with oil and bake at 350 F. for half an hour or until a golden crust forms on top. These are excellent both warm or cold and can be served as a side dish or as antipasto

MUSHROOM STUFFED TOMATOES

Metric Ingredient Imperial:

6 small tomatoes

1 medium onion, finely chopped

15 ml butter, 1 tbsp

225 g mushrooms, chopped, 1/2 lb

125 ml beef broth, 1/2 cup

15 ml fresh dill, chopped, 1 tbsp

3 slices white bread, crusts removed

- salt, pepper to taste -

Directions:

Halve tomatoes and hollow out using small spoon.

In a skillet; saute onion in butter for 2 minutes. Add mushrooms; cook for about 2 minutes longer. Stir in beef broth and dill; bring to a boil, stirring until slightly thickened. Remove from heat. Finely chop bread; stir into mushroom mixture. Season with salt and pepper to taste. Fill tomatoes; place in baking pan.

Bake in preheated 350 F (180 C) oven for 10 to 15 minutes or until heated through.

Serves 6

Stuffed Tomatoes

8 servings

8 medium ripe tomatoes

1/2 pound sliced bacon

1/4 of 1 head of ice berg lettuce

1/2 c. shredded cheddar cheese

1/4 c. mayo or Miracle Whip

Slice tops off tomatoes-reserve tops. Scoop out flesh and seeds from centers, reserving about 1/2 c. flesh. Rinse out tomato shells. Let dry upside down on paper towel. Chop reserved tomato flesh. Cook bacon until crisp. Drain and crumble. Slice lettuce into fine shreds. Mix in reserved chopped tomato flesh and remaining ingredients. Mix well. Place tomatoes upright on platter. Spoon filling into tomatoes, mounding slightly. Replace tomato tops if desired. Chill well before serving.

STUFFED TOMATOES

4 large tomatoes
1/2 cup golden raisins
8 ounces orzo pasta
1 cup feta cheese or goat cheese, crumbled
1/2 cup chopped green onions
1/2 cup chopped, seeded cucumbers
1/2 cup toasted pine nuts
1/2 cup chopped fresh mint leaves
2 tablespoons olive oil
2 tablespoons extra-virgin olive oil
3 tablespoons fresh lemon juice
Salt to taste

Cut off about 1/2-inch from the top of each tomato. With a finger, scoop out the seed pockets and, over the sink, remove the seeds and juice. With a small sharp knife, remove the inner pulp and discard or save for another use. Place the tomatoes upside down on a rack to drain.

Bring 1 cup of water to a boil in a small saucepan. Place the raisins in a small bowl and add the boiling water. Let sit until plumped up, about 5 minutes. Drain and set aside to cool.

Bring a medium pot of salted water to a boil. Add the orzo and cook until tender, about 8 minutes. Drain and rinse the pasta under cold running water. Drain well.

In a large bowl, combine the cooled pasta, raisins, feta, green onions, cucumbers, pine nuts, mint, olive oil, and lemon juice, and toss to mix. Add salt to taste. Scoop the mixture into the tomato shells and serve.

Tuna Stuffed Tomatoes

2 cans Italian tuna in olive oil, drained and flaked
1 can artichoke hearts in water, drained and chopped
2 ribs celery, chopped
1/2 medium red onion, chopped
1/2 cup pitted kalamata olives, a couple of handfuls, chopped
3 tablespoons chopped flat-leaf parsley, a handful
1 lemon, zested and juiced
Extra-virgin olive oil, for drizzling
Salt and pepper
6 vine ripe tomatoes, red, yellow, or mixed

Mix tuna and next 7 ingredients to combine.

Season with salt and pepper, to taste. Cut a thin slice off the bottom of each tomato to stabilize it. Seed and hollow out the tomato with a spoon over garbage bowl or into sink with disposal system. Season tomatoes with salt and pepper, then fill with salad, mounding the tuna up. The tomatoes are ready to serve or chill.

TUNA STUFFED TOMATOES

1 can BUMBLE BEE Chunk Light Tuna in Water
1/2 cup chopped celery
1/2 cup imitation or low calorie mayonnaise
1/4 cup chopped parsley
2 tablespoons minced green onion
1/4 teaspoon black pepper
36 cherry tomatoes
Parsley sprigs for garnish

Drain tuna. Combine tuna, celery, mayonnaise, chopped parsley, green onion and pepper. Cut tops off tomatoes and scoop out seeds; turn upside down to drain. Fill with tuna salad. Serve chilled on parsley lined plates.

Avocado and Mozzarella Cheese Stuffed Tomatoes

Makes 8 servings

Ingredients:

Tomatoes:

2 avocados, cut in 1/2 cubes
6 ounces mozzarella, cut in 1/2 cubes
4 large tomatoes, vine ripened

Dressing:

5 large cloves garlic; chopped
1 tablespoon basil; fresh chopped
2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
4 tablespoons extra virgin olive oil
2 tablespoons white wine
1 red leaf lettuce for garnish
1 garlic chives for garnish

Preparation:

Cut tomatoes in half and scoop out insides. Set each half on top of lettuce garnished plate.

In a blender, add garlic, basil, balsamic vinegar, mustard, oil and white wine. Blend and adjust according to taste.

Toss with avocado and mozzarella cubes until completely coated. Stuff tomatoes with mixture and garnish with garlic chives or other long thin garnish stuck into tomatoes. Looks terrific and tastes unbelievable!

STUFFED TOMATOES OR PEPPERS

Approx: 6 servings

12 Large Firm Tomatoes, or Green Peppers

Stuffing:

6 Small Tomatoes, chopped

2 tbsp Olive Oil

1 Medium Onion, Finely Chopped

1 Large Tomato, Peeled, Seeded and, Chopped

4 tbsp Pine Nuts

1/4 Cup Dried Currants

2 tbsp Finely Chopped Fresh Dill

2 tbsp Finely Chopped Fresh Parsley

1 Tsp Dried Thyme

Salt And Pepper To Taste

2 Cups Long-Grain White Rice

Sauce

1 3/8 Cups Olive Oil

Juice From 1 Lemon

2 tbsp Sugar

If using only green peppers, add 6 chopped tomatoes to the stuffing after

sauteing the onion. Slice off the tops of the tomatoes/green peppers. Carefully remove the pulp, leaving a shell with walls about 1/4- inch thick. Set the pulp aside and discard the seeds of the peppers. Stuffing: Heat the olive oil in a large skillet. Saute the onion until transparent. Add the reserved tomato pulp, chopped tomato, pine nuts, currants, herbs, salt & pepper. Continue cooking 2-3 minutes to soften the tomato. add the rice and about 1 inch of water; cover and simmer until the water has been absorbed.

Preheat oven to 350 degrees F. Fill the peppers and/or tomatoes with the stuffing and set them tightly side-by-side in a baking dish just large enough to hold the vegetables snugly. Add enough water so that the liquid reaches halfway up the sides of the veggies. Sauce: combine the olive oil, lemon juice and sugar in a small bowl and pour over the stuffed veggies. Cover with foil and bake for 45 minutes or until the veggies are soft and the filling is cooked through. To serve, carefully remove the stuffed veggies from the baking dish, freeing the bottoms from the pan with a spatula, and transfer them to a serving platter.