



Stuffed Tomatoes (ES)

Serving: 1

Veg

Ingredients

- 4 medium tomatoes
- 1 tsp oil
- 3 tbsp finely chopped onions
- 1 finely chopped green chillies
- 1/2 cup finely chopped and boiled mixed vegetables (french beans , carrots , cauliflower and green peas)
- 2 tbsp crumbled low-fat paneer
- salt to taste.

Preparation Method

- Cut the tops of the tomatoes and scoop out the center pulp. Chop the scooped tomatoes and keep aside along with the pulp.
- Heat the oil in a broad non-stick pan, add the onions and green chilies and sauté on a medium flame for 1 minute.
- Add the mixed vegetables, paneer, salt and tomato pulp, mix well and cook on a medium flame for 4 to 5 minutes, while stirring occasionally.
- Divide the mixture into 22 equal portions and stuff each scooped tomato with a portion of the mixture.
- Arrange the stuffed tomatoes on a greased baking tray and bake in a pre-heated oven at 200°C (400°F) for 5-7 minutes. Serve on plate .