




Quinoa Stuffed Tomatoes with Pesto and Goat Cheese

Fresh tomatoes stuffed with a healthy blend of quinoa, pesto, basil, parmesan and garlic topped with warm baked goat cheese. Dairy, kosher

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PREP TIME	COOK TIME	TOTAL TIME
35 mins	25 mins	1 hr
		
COURSE		KOSHER KEY
Side Dish		Dairy

 Adjust Total Servings 6 servings

INGREDIENTS

- 6 tomatoes (7-8 oz each)
- 1/2 cup quinoa
- 1/2 tsp crushed garlic
- 1 tbsp olive oil
- 2 tbsp + 4 1/2 tsp pesto, divided
- 2 tbsp grated parmesan
- 1/2 tbsp minced fresh basil
- Salt and pepper to taste
- 4 oz goat cheese
- Whole fresh basil leaves for garnish (optional)

NOTES

You will also need: Wire mesh sieve, medium bowl, small bowl, pastry brush, small saucepan, 9x9 inch baking pan or dish

INSTRUCTIONS

1. Slice the very tops of the tomatoes off (where the stems are) and remove the caps.
2. Use a knife to cut around the inside and remove the inner core and seeds from the tomatoes, leaving the walls intact.
3. Scoop any remaining seeds out of the tomatoes with a small spoon (I use a metal 1/2 teaspoon). Pour all of the gel, seeds, and pulp into a medium bowl.
4. Reserve the cored tomatoes.
5. Use a spoon to push the gel, seeds, and pulp through the wire mesh sieve, releasing their juice into another bowl. Press down on the solid ingredients and agitate the mixture to extract as much juice as possible. You will need to do this in batches; when one batch is juiced, scoop the solids into the trash and start on the next batch.
6. Pour the tomato juice into a measuring cup. You will need 1 cup of liquid total. If the tomato juice does not make a full cup, top it off with water.
7. Pour the juice (and water, if you added any) into a small saucepan.
8. Rinse the tomato pulp out of the mesh sieve. Pour the dry quinoa into the sieve and rinse it with cold water for a few minutes. Drain.
9. Pour the quinoa into the saucepan with the tomato liquid. Add the crushed garlic to the pan.
10. Bring all ingredients to a boil. Reduce heat to a low simmer and cover the pan. Simmer the ingredients for about 20 minutes till all of the liquid is absorbed and the quinoa is tender. Meanwhile, preheat oven to 400 degrees F.
11. While quinoa is cooking, grease the bottom and edges of your cooking pan or dish with olive oil. Lightly brush the outside of each tomato with olive oil and place them into the baking dish.
12. When quinoa is finished cooking, remove the lid and fluff it with a fork.
13. Use the fork to stir in 2 tbsp of pesto along with the grated parmesan and fresh basil. Season the quinoa with salt and pepper to taste.
14. Divide the quinoa evenly between the six tomatoes, stuffing each one loosely with the mixture.
15. Top each tomato with 3/4 tsp of pesto...
16. then top each portion of pesto with 1 tbsp of goat cheese.
17. Place the tomatoes into preheated oven. Let them cook for 20-25 minutes till the tomatoes are tender and the goat cheese starts to brown at the tips.
18. Serve hot. Garnish with fresh basil leaves, if desired.

NUTRITION

Nutrition Facts	
Quinoa Stuffed Tomatoes with Pesto and Goat Cheese	
Amount Per Serving	
Calories 152	Calories from Fat 63
% Daily Value*	
Fat 7g	11%
Saturated Fat 3g	19%
Cholesterol 10mg	3%
Sodium 102mg	4%
Potassium 371mg	11%
Carbohydrates 14g	5%
Fiber 2g	8%
Sugar 3g	3%
Protein 7g	14%
Vitamin A 1245IU	25%
Vitamin C 16.8mg	20%
Calcium 64mg	6%
Iron 1.3mg	7%
* Percent Daily Values are based on a 2000 calorie diet.	

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★★★★★
4.8 from 9 votes

Nutritional information should be considered an estimate only; please consult a registered dietician, nutritionist, or your physician for specific health-related questions. Read more [here](#). Please note that the recipe above is published using a recipe card plugin, with preexisting software which can auto-calculate metric measurements, as well as change the number of servings. Metric conversions and changes to the number of servings (resulting in different ingredient amounts) will only appear in the ingredient list, and are not changed within the step-by-step directions of the recipe.

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