

FOOD SAFETY IN THE KITCHEN



QUINOA-STUFFED TOMATOES



Quinoa (pronounced KEEN-wah) is a grain native to South America. Try it with tomatoes in this food safe recipe.

Prep Time: 10 minutes **Cook Time:** 40 minutes
Yields: 4 servings **Serving size:** 1 tomato, $\frac{3}{4}$ C stuffing

NUTRITION INFORMATION (per serving)

Calories: 299	Protein: 10 g
Total Fat: 10 g	Sodium: 64 mg
Saturated Fat: 1 g	Dietary Fiber: 8 g
Total Carbohydrate: 46 g	

INGREDIENTS

- 4 medium (2 $\frac{1}{2}$ inches) tomatoes
- 1 tbsp red onions
- $\frac{1}{2}$ ripe avocado
- 1 tbsp fresh parsley (or 1 tsp dried)
- 1 tbsp olive oil
- 1 C cooked mixed vegetables—such as peppers, corn, carrots, or peas
- 1 C quinoa, rinsed
- 1 C low-sodium chicken broth
- $\frac{1}{4}$ tsp ground black pepper

DIRECTIONS

1. Preheat oven to 350 °F.
2. Wash hands for at least 20 seconds with soap under running water.
3. Check tomatoes, red onions, an avocado for damage. Cut off bruises and spots.
4. Wash tomatoes, avocado, and parsley. Dry with a paper towel.
5. Peel and chop red onions. Chop parsley (if using fresh). [Remove avocado peel](#), then dice avocado.
6. Cut off tops of tomatoes and hollow out the insides. (Save pulp for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
7. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1-2 minutes.
8. Add cooked vegetables, and heat through, about another 1-2 minutes.
9. Add quinoa, and cook gently until it smells good, about 2 minutes.
10. Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7-10 minutes.
11. When the quinoa is cooked, remove the lid and fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
12. Carefully stuff about $\frac{3}{4}$ cup of quinoa into each tomato.
13. Place tomatoes on a baking sheet, and bake for about 15-20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later).
14. Serve immediately.
15. Within 2 hours, divide leftovers into shallow, sealed containers and place in a refrigerator set to 40 °F or below (as indicated by an appliance thermometer) or freeze at 0 °F or below.

Food Safety Reminder: Wash all fruits and vegetables before eating—even ones with firm rinds and peels like avocado (contaminants can spread from surfaces to insides during peeling or cutting).

Recipe adapted from National Heart, Lung, and Blood Institute Deliciously Healthy Eating Recipes and available at: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rId=155>