

# [Icaria-Style Stuffed Tomatoes]

Servings: [1 Serving]

Prep time: [20 min]

Total time: [60 min]



## *Ingredients*

[4 large tomatoes]

[1 tablespoon olive oil]

[2 cloves of garlic, minced]

[1/2 cup cooked brown rice]

[1 tablespoon olive oil]

[1/4 cup feta cheese]

[2 tablespoon parsley]

[Salt and pepper to taste]

## *Directions*

1. Preheat oven to 375°F.
2. Cut the tops off of the tomatoes and scoop out the insides.
3. Heat the olive oil in a medium skillet over medium heat.
4. Add the garlic and sauté until fragrant.
5. Add the cooked rice, feta cheese, parsley, and salt and pepper to the skillet and mix until combined.
6. Stuff the tomatoes with the rice mixture.
7. Place the tomatoes in a greased baking dish and bake for 20 minutes, or until tomatoes are tender.
8. Serve warm.

## **Special Diet Information**

[Substitute brown rice with ½ brown rice and ½ assortment of beans if diabetic]



