



Warm Quinoa and Zucchini-Stuffed Tomatoes

Recipe created by Rosie Daley

From the show *Recipes for Your Heart*

Makes 6 servings

Quinoa, like other grains, is bursting with B vitamins and iron; however, it varies from other grains because it contains more protein without a lot of carbohydrates. Quinoa actually contains all 8 essential amino acids, which makes it a unique complete food. The ancient Incas honored this protein-dense food, making it a staple in their everyday diet. It is now gaining more recognition and becoming a valuable vegetarian source of protein.

INGREDIENTS

- 1/2 cup quinoa
- 2 tablespoons olive oil
- 1 1/2 cups purified water or vegetable stock
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon Italian seasoning
- 1/2 medium onion, chopped
- 1 cup grated zucchini
- 2 tablespoons currants or raisins
- 1 tablespoon chopped fresh parsley or basil
- 1/2 teaspoon ground curry (or cumin)
- 1/4 teaspoon paprika
- 2 tablespoons freshly squeezed lemon juice
- 6 medium tomatoes
- 2 teaspoons bread crumbs
- 2 tablespoons freshly grated Parmesan cheese

Preheat oven to 350°F. In a small saucepan, toss the quinoa in, add one tablespoon olive oil, stir, pour in the water, salt, black pepper and Italian seasoning, and bring to a boil. Cover and simmer over low heat for 20 minutes. Remove from the heat.

Pour one tablespoon olive oil into a nonstick pan and sauté the chopped onions, zucchini, currants, parsley or basil, curry, paprika and lemon juice over medium heat for about 2 minutes. Scoop the quinoa into the sauté pan and mix thoroughly with a spoon until it is blended with the vegetables to make an aromatic stuffing. Remove from heat.

Create a lid for each tomato by cutting a star shape around the stem about 1/4-inch deep. Remove the top and set it aside. Scoop out the seeds of each tomato and some of the loose pulp, being careful to leave a strong wall of tomato all

around. Spoon equal amounts of the stuffing into the cavities of each tomato, filling them up generously. Put the tomatoes in a small ceramic or glass baking dish and garnish with a sprinkle of bread crumbs and one teaspoon Parmesan cheese per tomato. Cover the baking dish with a glass lid or foil and bake for 25 minutes. Tomatoes should be firm and easy to transfer from the baking dish to the serving plates. Garnish by putting the star-shaped tomato lids back on top of each tomato.

Note: If you don't have quinoa on hand, you can make this recipe using millet or amaranth. Amaranth tends to have a slightly sweet flavor, while millet and quinoa tend to taste like natural rice, with a delicate, nut-like flavor.