

# Spinach and Goat Cheese Stuffed Tomatoes



## Ingredients:

- 6 medium tomatoes
- 2 cups quinoa (cooked)
- 3 ounces crumbled goat cheese
- 3 cups sautéed organic baby spinach (about 2-3 5oz boxes raw spinach)
- 2 tablespoons minced fresh basil
- 2 tablespoons minced fresh parsley or cilantro
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper
- 2 tablespoons grated parmesan cheese

## Directions:

1. Preheat the oven to 350F. Lightly grease a rimmed baking dish large enough to hold all of the tomatoes.

2. Cut the top off the tomatoes and gently scoop out and discard the pulp and seeds. Arrange the tomatoes, cut side up, in the baking dish.
3. In a mixing bowl, combine the quinoa, goat cheese, sautéed spinach, basil, parsley/cilantro, salt, and pepper and stir to combine. Gently spoon the quinoa mixture evenly into the tomatoes.
4. Bake until the tomatoes begin to soften and the quinoa filling turns golden brown, about 15-20 minutes.
5. Sprinkle the parmesan cheese evenly over the tomatoes and bake until the cheese melts, an additional 4-5 minutes.