Stuffed Tomatoes

Ingredients:

- 4 medium size tomatoes
- 2 cups cooked black lentils (can replace with black beans)
- 2 cups cooked quinoa (can replace with millet)
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 2 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeno, seeded and finely diced (use less for milder taste)
- 1 tsp sea salt
- Ground pepper, to taste
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar
- Optional: grated cheese (I use vegan mozzarella by VioLife to keep the dish vegan).

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Cut the top from the tomatoes and empty the insides.
3. To make filling, sauté mushrooms and garlic in ¼ cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
4. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic.
5. Spoon filling into tomatoes, pressing down mixture slightly.
6. Sprinkle cheese on top of each tomato.
7. Bake for 20 minutes or until heated through and enjoy!

This filling can be used with tomatoes, acorn squash, zucchini

or peppers.






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