

Tuscan Stuffed Tomatoes

You can almost feel the warmth of the Tuscan sun when you feast your eyes on these golden-topped, stuffed tomatoes. Add a salad and a glass of wine—Buon Appetito!

Large tomatoes	8	8
Salt, sprinkle		
Cooking oil	1 tsp.	5 mL
Lean ground beef	1 lb.	454 g
Finely chopped green onion	1/2 cup	125 mL
Garlic clove, minced (or 1/4 tsp., 1 mL, powder)	1	1
Salt	1/4 tsp.	1 mL
Pepper	1/8 tsp.	0.5 mL
Cooked orzo (about 1/2 cup, 125 mL, uncooked)	1 cup	250 mL
Chopped fresh parsley (or 1 tbsp., 15 mL, flakes)	1/4 cup	60 mL
Coarsely chopped pine nuts, toasted	3 tbsp.	50 mL
Dried oregano	1 tbsp.	15 mL
Dried crushed chilies	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Crumbled feta cheese	1/2 cup	125 mL
Grated Parmesan cheese	1/4 cup	60 mL
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Chopped green onion	1/4 cup	60 mL
Kalamata olives, pitted (see Note)	8	8

Trim 1/4 inch (6 mm) slice from bottom of each tomato. Using small spoon, scoop out pulp from each tomato, reserving 1 cup (250 mL). Sprinkle inside of each with salt. Place cut-side down, on 2 large microwave-safe plates. Microwave each plate on high (100%) for about 1 minute until tomatoes are slightly softened. Set aside.

Heat cooking oil in large frying pan on medium. Add next 5 ingredients. Scramble-fry for about 10 minutes until ground beef is no longer pink. Drain.

Add reserved tomato pulp and next 6 ingredients. Stir. Cook for 5 minutes, stirring occasionally.

Add feta cheese and first amount of Parmesan cheese. Stir. Remove from heat. Arrange tomatoes on greased baking sheet with sides. Fill with beef mixture.

Sprinkle with second amounts of Parmesan cheese and onion. Top with olives. Broil on centre rack in oven for 8 to 10 minutes until Parmesan cheese is golden. Makes 8 stuffed tomatoes.

1 stuffed tomato: 268 Calories; 12.7 g Total Fat (4.6 g Mono, 1.6 g Poly, 5.2 g Sat); 44 mg Cholesterol; 21 g Carbohydrate; 3 g Fibre; 19 g Protein; 539 mg Sodium

Note: To pit an olive, place it on a cutting board and press the olive with the flat side of a wide knife until you feel the olive give. The flesh will split, making it easy to remove the pit. Alternatively, use a sharp knife to split the olive from top to bottom, cutting through the flesh to the pit.