

The Healthy Cook

Stuffed tomatoes make the perfect late-summer dish. Grab a few juicy, ripe tomatoes, scoop out the centers, and spoon in your favorite savory filling. Don't have a favorite filling? We've got you covered. Try these Greek Farro Stuffed Tomatoes.

Tip: For easy scooping, try a melon baller or grapefruit spoon.

Greek Farro Stuffed Tomatoes

 SERVES 4

- 4 ripe but firm tomatoes
- 1 Tbs. extra-virgin olive oil
- 1 tsp. red wine vinegar
- 2 Tbs. minced red onion
- ¼ tsp. kosher salt
- ½ cup diced cucumber
- ¼ cup crumbled feta
- 1 cup cooked farro or other whole grain
- 1 small sprig of dill, chopped



1. Slice off the stem end of each tomato. Scoop out and chop the centers.
2. In a medium bowl, whisk together the oil, vinegar, onion, and salt. Toss with the cucumber, feta, farro, and chopped tomato.
3. Spoon the farro salad into the tomato cups. Top with the dill.

PER SERVING (1 stuffed tomato): calories 150 | total fat 6 g | sat fat 2 g | carbs 20 g | fiber 4 g | total sugar 6 g | added sugar 0 g
protein 5 g | sodium 230 mg