

Mediterranean Inspired Stuffed Tomatoes

A delightful Mediterranean dish filled with a flavorful mixture of spinach, feta cheese, and corn, baked to perfection.



Mediterranean

30 min

Total time

Easy

Difficulty

150

kcal / serving

Ingredients

- 1 large tomato
- 1 cup spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup corn kernels
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Slice off the top of the tomato and carefully scoop out the flesh to create a hollow.
- 3 In a bowl, mix together spinach, feta cheese, corn, salt, and pepper.
- 4 Stuff the spinach mixture into the hollowed-out tomato.
- 5 Place the stuffed tomato on a baking dish and bake for 20–25 minutes, or until the tomato is tender.
- 6 Serve hot and enjoy!