

Stuffed Tomatoes with Quinoa and Spinach

A delightful and nutritious main dish featuring juicy tomatoes stuffed with a flavorful quinoa and spinach mixture. This recipe is perfect for a light yet satisfying meal.



Main Dish

35 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 2 large ripe tomatoes
- 1/4 cup quinoa
- 1/2 cup vegetable broth
- 1/2 cup fresh spinach, chopped
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 tablespoon grated Parmesan cheese (optional)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 Rinse the quinoa under cold water and cook it in vegetable broth according to package instructions, usually about 15 minutes.
- 3 While the quinoa cooks, slice the tops off the tomatoes and scoop out the insides, leaving a shell. Set the insides aside.
- 4 In a skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.
- 5 Add the chopped spinach and cook until wilted, about 2-3 minutes.
- 6 Mix the cooked quinoa with the spinach, add the reserved tomato insides, and season with salt, pepper, and Parmesan cheese if using.
- 7 Stuff the hollowed tomatoes with the quinoa mixture and place them in a baking dish.
- 8 Bake in the preheated oven for 20 minutes or until the tomatoes are tender.
- 9 Serve warm and enjoy!