

Stuffed Tomatoes with Quinoa and Spinach

These hearty stuffed tomatoes are filled with a flavorful mixture of quinoa, spinach, and herbs, making for a nutritious and delicious main dish.



Main Dish

45 min

Total time

Medium

Difficulty

350

kcal / serving

Ingredients

- 2 large tomatoes
- 1/2 cup quinoa
- 1 cup spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut the tops off the tomatoes and scoop out the seeds and flesh.
- 3 In a bowl, mix together quinoa, spinach, feta cheese, garlic, olive oil, oregano, salt, and pepper.
- 4 Stuff the quinoa mixture into the hollowed-out tomatoes.
- 5 Place the stuffed tomatoes in a baking dish and bake for 25–30 minutes, until the tomatoes are tender.
- 6 Serve hot and enjoy!