

DOC'S QUINOA STUFFED TOMATOES

8 servings

Ingredients:

- 1 cups quinoa
- 2 cups vegetable stock
- 8 medium tomatoes with stems
- 2 tsp. cumin powder
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. garlic powder
- 1 15-ounce can black beans, drained
- 1 cups fresh corn
- 1 Tbs. Extra Virgin Oil

Directions:

- Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
- Preheat oven to 375 degrees F and lightly grease a 9x13 baking dish or rimmed baking sheet.
- Wash the tomatoes and cut them horizontally near the stem. The top piece will act as a cap for the stuffed tomatoes. Scoop out the tomatoes with a melon baller. Save that and put in the filling.
- Add cooked quinoa to a large mixing bowl and add remaining ingredients Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
- Generously stuff tomatoes with quinoa mixture until all tomatoes are full.
- Bake for 10-15 minutes without the tops. Add tops and bake another 10-15 minutes, or until tomatoes blister a bit.

ALWAYS wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.