

🍅 Stuffed Baked Tomatoes

Serves 8-12

🥄 Ingredients

Tomatoes

- 8 large or 12 small ripe tomatoes
- Bread or cracker crumbs for topping
- A little oil for the baking pan

Tofu Stuffing

- 2 tablespoons oil
- 1 cup onion, diced
- ½ cup green pepper, diced
- 1 lb. tofu, mashed
- 1 tablespoon soy sauce or Bragg Liquid Aminos
- ¼ teaspoon garlic powder
- ¼ cup fresh parsley, finely chopped



👩🍳 Instructions

Prepare the Tomatoes

1. Wash the tomatoes.
2. Cut or scoop out the stem end, leaving most of each tomato intact.
3. Arrange them in a lightly oiled baking pan.

Make the Stuffing

1. Sauté the onion and green pepper in oil until soft.
2. Mix the tofu, soy sauce or Bragg Liquid Aminos, garlic powder, and parsley in a bowl.
3. Stir in the sautéed vegetables.

Bake

1. Preheat the oven to **400°F (200°C)**.
2. Fill each tomato with the tofu mixture.
3. Sprinkle with bread or cracker crumbs.
4. Bake for **20 minutes**.
5. Serve hot or chilled.

Serving Ideas

- Serve with brown rice or whole-grain bread.
- Pair with a fresh green salad.
- Enjoy as a light lunch, side dish, or appetizer.

Nutrition Benefits

- Tomatoes provide vitamin C and antioxidants.
- Tofu adds plant-based protein.
- Onion, pepper, and parsley add flavor and nutrients.
- Baking keeps the dish light and simple.

Nutrition per Serving

105 calories • 5 g protein • 6 g fat • 9 g carbohydrates

REFERENCE:

Adapted from *TOFU Cookery* by Louise Hagler