



Herb Stuffed Tomatoes with White Beans

Yield: 5

2-1/2 lb	Tomatoes, Fresh
1/4 tsp	Kosher Salt
2 tbsp	Olive Oil
1 cup	Onions, Yellow, Diced
1 tbsp	Garlic Cloves, Minced
2 tbsp	Kalamata Olives, Pitted, Chopped
1/2 oz	Pitted Green Olives, Chopped
2 tbsp	Capers, Drained, Chopped
1 tbsp	Parsley, Fresh, Chopped
1-1/2 tbsp	Oregano , Fresh, Chopped
1-1/2 tbsp	Mint, Fresh, Chopped
1-1/2 cup	Cannellini Beans, Canned, Drained, Rinsed
3/4 cup	Panko Breadcrumbs



Use at least 8 oz tomatoes. Cut off the top 1/2" of the tomato and using a melon baller or spoon, and remove the inside of the tomato. Sprinkle insides with salt and leave upside down while preparing remaining ingredients. Heat oil in a hot pan and sauté onions and garlic for 1 minute. Add the chopped olives and capers and toss. Remove from heat and combine with remaining ingredients. Gently stuff each tomato (about 1/2 cup of filling into each tomato) and roast in a preheated 325°F oven for 30 - 45 minutes until inside is heated to 165°F.

Chef's Note: Use the filling to stuff portabella mushrooms, zucchini or eggplant.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
185.9	7.4	24.8	7.1	0	509.1	5.7+	1+