



## Vegetable Stuffed Tomatoes with Rice Pilaf

Recipe Courtesy Chef Bryan Woolley

### Rice Pilaf

2 tbsp extra virgin olive oil  
1½ cups long grain rice  
3 cups vegetable stock  
3 tbsp tomato paste  
(I like the basil, oregano, and garlic tomato paste)  
1 garlic clove, minced  
¼ cup minced onion  
½ tsp red chili powder  
1 tsp pepper  
1 tsp salt

### Vegetable Stuffed Tomatoes

4 large tomatoes  
1 carrot, peeled and julienne cut  
1 small zucchini julienne cut  
1 celery stalk, julienne cut  
1 bunch green onions  
1 small ginger root, peeled, julienne cut  
1 tsp sesame seed oil  
1tbsp extra virgin olive oil  
Salt and pepper to taste

### Nutritional Analysis: Recipe Serves 4

Serving Size: One Stuffed Tomato  
Calories 440  
Protein 9g  
Carbohydrate 74g  
Total Fat 12g  
Saturated Fat 2g  
Cholesterol 0mg  
Sodium 1420mg  
Fiber 6g

### Diabetic Exchanges

Protein 1  
Fat 2  
Carbohydrates 5

### Rice Pilaf

1. Heat a heavy bottom cooking pot on the stove. Add the oil, garlic, onion, red chili powder, pepper and salt. Sauté until fragrant.
2. Add rice and sauté rice until it changes colors. Will take about 8 minutes or so. Stir constantly.
3. Add tomato paste and vegetable stock. Stir to incorporate.
4. Bring to a boil, reduce heat to a simmer, cover and allow rice to finish cooking. (About 15 minutes)
5. When rice has absorbed all the liquid and is tender, remove from heat and allow to sit for about ten minutes. Serve and Enjoy!

### Vegetable Stuffed Tomatoes

1. Cut the top off of the tomatoes and carefully hollow them out. Set aside until ready to use.
2. In a large bowl, mix all the vegetables together (except the tomatoes) with the sesame seed oil, and olive oil. Toss to coat.
3. Sauté for about 30 seconds in a hot sauté pan. Remove and carefully fill out the hollowed tomatoes.
4. Place tomatoes on top of a bed of rice pilaf and enjoy!

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