



CHEESE & OLIVE-STUFFED TOMATOES

Final Lifestyle

INGREDIENTS

- 4 medium ripe tomatoes
- 1/2 cup (2 ounces) feta cheese, crumbled
- 1/4 cup chopped pitted kalamata olives
- 2 TBS chopped fresh flat-leaf parsley
- 2 TBS chopped fresh basil

INSTRUCTIONS

—Preheat broiler.

—Cut tops off tomatoes; discard. Carefully scoop out tomato pulp, leaving shells intact; finely chop pulp.

—Combine pulp with remaining ingredients. Place tomato shells in an 8-inch square baking dish. Divide pulp mixture evenly among tomato shells.*

*Note: There are 8 TBS in 1/2 cup (feta cheese); and 4 TBS in 1/4 cup (olives). Thus, a total of 12 TBS of those two items combined. So that means you should put 3 TBS of the pulp mixture into each of the 4 tomatoes.

—Broil 2 minutes or until tomatoes just begin to blister and topping is browned.

SERVING INFO: (Yields 4 servings)

1 tomato = 1 V, 1/2 M, 1/2 FT

See recipe photo at [Instagram](#) and [Facebook](#).