

Italian Stuffed Tomatoes with Millet



Enjoy the perfect blend of savory herbs, millet, and juicy tomatoes in this wholesome and flavorful dish. Easy to make and satisfyingly delicious!

Preparation 5 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 80

Fat 3

Carbohydrates 10

Fibre 2

Protein 2

Sodium 30

Ingredients

- 250 ml (1 cup) water
- 125 ml (½ cup) millet, uncooked and rinsed
- 4 large tomatoes
- 1 slice of dry bread (gluten-free, if necessary)
- 15 ml (1 tbsp) finely grated Parmesan cheese
- 5 ml (1 tsp) olive oil

- 15 ml (1 tbsp) dried oregano
- Salt and pepper, to taste
- Balsamic Vinegar, to drizzle

Preparation

1. Preheat the oven to 200°C (400°F). Place the rack in the center of the oven. Line a baking sheet with aluminum foil or a silicone mat.
2. In a small saucepan, bring water and millet to a boil. Cover and simmer over low heat for about 25 minutes.
3. In the meantime, cut off the tops of the tomatoes horizontally to remove the stalks, save for later. Cut a thin slice at the base of each tomato to keep them stable. Scoop out the tomato flesh with a paring knife. Place the tomatoes face up on the baking sheet. Roast the tomatoes for 15 minutes. Set aside.
4. While the tomatoes and millet are baking, in a small bowl, finely crumble the bread and stir in the Parmesan cheese. Set aside.
5. When the millet is cooked, add the olive oil and herbs and season with salt and pepper to taste. Stir to combine.
6. Stuff each tomato with about 30 mL (2 tbsp) of the millet mixture.
7. Garnish tomatoes with breadcrumbs. Broil for 2 minutes or until breadcrumbs are lightly browned.
8. Place the tops of the tomatoes on top and drizzle with balsamic vinegar.
9. Serve as a side dish to meat or fish, for example.

Notes



Gabrielle Binet
Registered Dietitian Nutritionist