

## Bulgar Stuffed Tomatoes

Makes 4 servings

Preparation: 25 min. Cook approx. 30 min.

### Ingredients:

- 4 large tomatoes
- 2 leeks (white & light green parts), diced small
- 2 cloves garlic, peeled & minced
- 1 medium zucchini, diced small
- 1 medium sweet bell pepper, diced small
- ½ c bulgar (if you do not have bulgar can substitute for quinoa or brown rice)
- 2 c vegetable broth
- ½ c basil, finely chopped
- 1 lemon zest & juice
- Salt & Pepper for taste



### Directions:

Preheat the oven to 350 degrees.

In a saucepan on the stove, cook the bulgar with the vegetable stock according to directions.

Cut the tops off of the tomatoes & scoop out the flesh, leaving a ½-inch wall. Set the tomatoes face down off to the side while preparing the filling.

Place the leeks in a saucepan & sauté over medium heat for approx. 7 min. Add the garlic & cook for 3 min. longer. Stir in the zucchini & bell pepper, then cook an additional 5 min. Add the bulgar, basil, lemon zest, & juice. Season with salt & pepper. Remove from the heat.

Scoop the bulgar mixture evenly into the tomatoes. Arrange them in a baking dish. Cover with aluminum foil & bake for 30 min.

Serve & Enjoy.

**\*\*You can mix any other vegetable or protein in with these. Just be sure to log it!**

Nutrients: 185 calories, 7.6g protein, 40.3g carbohydrates, 1.6g fat

(From *Forks Over Knives* Cookbook)