

Tomatoes Stuffed with Freekeh

From Oldways Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/tomatoes-stuffed-with-freekeh>

Ingredients

- 2 cups cooked Freekeh
- 4 medium tomatoes
- 1 egg, slightly beaten
- ¼ cup pine nuts
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- 2 tsp minced garlic

Instructions

1. Scoop out tomatoes and set aside.
2. Mix tomato pulp with freekeh, egg, nuts, garlic and basil-parsley mixture. Put back into tomatoes and drizzle with olive oil.
3. Bake at 375 for 35 minutes.

Makes 4 Servings.