



Serves 8

Prep Time: 25-30 minutes

Cook Time: 50 minutes

Difficulty: Worth the wait

GF/Pesach friendly

QUINOA-STUFFED ROASTED TOMATOES

I've tried this recipe with many different types of tomatoes, but Campari tomatoes were the best choice by far. Known for their superior texture and distinct acid and sugar balance, their size is also perfect for stuffing. They're larger than cherry tomatoes but smaller and rounder than plum tomatoes.

16–20 small Campari tomatoes	freshly ground black pepper, to taste
3 Tablespoons olive oil, plus more for brushing	$\frac{3}{4}$ teaspoon turmeric
1 large onion, chopped (about $1\frac{1}{2}$ cups)	1 cup raw quinoa (pre-rinsed)
3 cloves garlic, minced (about 1 Tablespoon)	$\frac{1}{4}$ – $\frac{1}{3}$ cup dried currants
$1\frac{1}{2}$ teaspoons kosher salt, plus more to taste	$\frac{1}{4}$ cup chopped fresh mint, plus more for garnishing
	$\frac{1}{4}$ cup chopped fresh parsley, plus more for garnishing

COOK'S NOTE

If you can't find Campari tomatoes, plum tomatoes can be used — you may need to trim the base of the tomato a little so they sit flat in a baking dish.

DAIRY VARIATION

For an elegant finish, sprinkle the stuffed tomatoes with Parmesan cheese (about $\frac{1}{2}$ cup total) instead of covering with tomato tops. After baking, place under the broiler for 1–2 minutes to brown and crisp cheese.

- 1. Preheat oven to 350°F.** Grease a large casserole dish with nonstick cooking spray.
- 2. Prep tomatoes:** Slice off the tops of tomatoes; set tops aside. Scoop out the insides of the tomatoes — be careful to leave shells intact for stuffing (a melon baller does a good job of this without breaking the tomato). Coarsely chop the "guts," reserving 3 cups' worth, including juices; set aside (you may need to supplement with extra chopped tomatoes if reserved amount is insufficient). Invert tomatoes over a rack or in a colander; set aside to allow tomatoes to drain excess liquid.
- 3. Prep quinoa:** Heat oil in a large skillet over medium-high heat. Add onion; sauté for about 4–5 minutes, until translucent. Add garlic, salt, pepper, and turmeric. Sauté for another 2–3 minutes.
- 4. Steam:** Add quinoa and stir to blend, toasting for about 1–2 minutes. Add reserved chopped tomatoes and currants; mix to incorporate. Bring to a simmer, cover, and reduce heat to low; simmer for about 20–22 minutes or until most of the liquid is absorbed and the quinoa's outside germ ring is visible. Remove from heat. Gently stir in chopped herbs and season to taste with salt and pepper if needed.
- 5. Assemble:** Spoon mixture into reserved tomato "shells." Place each stuffed tomato in the prepared casserole dish. Cover each tomato with a reserved tomato top.
- 6. Bake uncovered** for about 20 minutes — do not overcook or tomatoes will split open.



STUFFED VEGETABLES: A BELOVED JEWISH TRADITION

In my husband's family, *holopches* (aka stuffed cabbage) has been dutifully prepared for five generations. An iconic Ashkenazi dish served on Sukkos representing God's overflowing bounty at harvest time, the love for serving stuffed foods runs deep throughout the Jewish diaspora, transcending dishes and countries. From Syrian *mehshi* — stuffing everything from eggplant to onions — to Greek *dolmades* (stuffed grape leaves), these dishes are the work of loving, patient hands. The fillings stretch ingredients to feed more, to give more... and maybe that invites blessings, too.