

White Bean and Basil Stuffed Tomatoes

Prep time:

20 minutes

Yields:

4-6 servings

Ingredients:

- 24 large cherry tomatoes, any color
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons shredded fresh basil
- Salt and pepper to taste

Directions:

Place the beans, garlic, lemon juice and olive oil in a food processor. Pulse until mixture is smooth. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.

Take stem end of a cherry tomato and make this the “bottom” of your stuffed tomato so it doesn’t roll around. Slice a thin layer off the top. Using a ¼ teaspoon measure scoop out the center of the tomato so you’ll have a little cup to fill. Repeat with all the tomatoes.

Fill each of the tomato cups with white bean puree. Top with fresh basil, salt, and pepper.

Chef Mat Shalenko, June Health and Wellness