

Rice-Stuffed Tomatoes

8 medium tomatoes
1 tablespoon vegetable oil
4 finely chopped green onions
2 cloves garlic, minced
½ teaspoon salt
½ teaspoon dried oregano, crushed
1 cup uncooked long grain rice
2 cups water
¾ cup salsa
½ cup frozen whole kernel corn, thawed
1 cup shredded Mexican-style four-cheese blend

Directions:

1. Preheat oven to 350F. Lightly coat a 2-quart rectangular baking dish with cooking spray. Cut off tops of tomatoes. Using a melon baller or small spoon, carefully scoop out the core, seeds, and pulp of each tomato, leaving about a ¼ inch thick shell. Discard tomato cores, seeds, and pulp. Place tomatoes, top sides down, on paper towels to drain.
2. In a medium saucepan heat oil over medium-high heat. Add green onions, garlic, salt, and oregano; cook and stir for 2 minutes. Stir in rice; cook and stir for 1 minute. Add the water and the ¾ cup salsa. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until rice is tender. Remove from heat. Stir in corn; stir in ½ cup of the cheese. Let stand, covered, for 5 minutes.
3. Place tomatoes in the prepared baking dish. Carefully fill tomatoes with the rice mixture, using about ½ cup for each tomato. Sprinkle with the remaining ½ cup cheese. Bake for 30 to 35 minutes or just until heated through and cheese is melted and bubbly. Let stand for 5 minutes before serving.

Serves 8.

Nutrient Analysis, per serving: 193 calories, 29g. carbohydrate, 7g. protein, 6g. fat, 422mg. sodium, 13mg. cholesterol, 3g. fiber