

## Cashew Nut Cream and Quinoa Stuffed Tomatoes

From [www.thecleandish.com](http://www.thecleandish.com)

### INGREDIENTS:

- 6 medium tomatoes
- 1 cup cooked quinoa
- 1 ½ cup of cashew cream cheese
- 1 Tablespoon olive oil
- 2 Tablespoons pine nuts
- 1 teaspoon fresh-squeezed lemon juice
- ½ cup parsley (finely chopped)
- 2-3 cloves of garlic (crushed)
- Salt and pepper to taste

### PREPARATION:

Preheat oven to 350°F. Cook quinoa according to instructions. Slice top of tomatoes and carve out; collect pulp in a bowl and set aside. Heat pine nuts in a small frying pan until golden brown and fragrant, let cool down and chop up. Combine all ingredients (except tomato pulp) in a bowl and mix with fork until crumbly (if mix is too dry, add back some pulp and tomato juice). Stuff tomatoes evenly and place on a baking sheet or muffin pan. Bake for 15-20 minutes until tomato is cooked through.

### NOTES FROM THE COOK: