

Baked Stuffed Tomatoes

From – *The Vegetarian Epicure Book Two*

2 green bell peppers
1 medium zucchini, finely diced
1 Asian eggplant, finely diced
1 small yellow onion, chopped
¼ cup olive oil
1 ½ tsp salt
2 Tbsp chopped fresh cilantro
1 tsp crushed dried red pepper flakes
dash of oregano
1 ½ Tbsp lemon juice
black pepper to taste
6 to 8 large ripe tomatoes
½ lb Munster cheese, grated
2 Tbsp dry bread crumbs

- Roast the bell peppers under the broiler, turning them often, until they are blistered and charred. Peel off the skins, remove seeds, stems and ribs. Cut into short, thin strips.
- Heat the olive oil in a large skillet and saute the onion over high heat stirring constantly, just until they begin to color. Add the zucchini and eggplant and continue to cook over high heat for about 5 minutes. Add the salt, cilantro, red pepper, oregano, lemon juice, and black pepper. Stir well and turn off the heat.
- Cut out a 2 inch circle from the top of each tomato and scoop out the pulp, leaving a ¼ inch shell. Chop the tomato pulp coarsely, add it to the vegetables in the skillet, and stir again over high heat just until the liquid is reduced to a thick paste.
- Remove the vegetables from the heat and quickly stir in about ¾ of the grated cheese.
- Spoon the mixture into the tomato shells. Toss the remaining cheese with the bread crumbs and put a little mound of it on top of each tomato.
- Bake the tomatoes in a preheated oven at 350F for 15-20 minutes and serve immediately.



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