



WHATSheATE



Baked Tomatoes with Quinoa, Corn, and Green Chiles



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup colby-jack cheese shredded packed
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 poblano chiles
- ☐ 1 cup quinoa uncooked
- ☐ 1 teaspoon salt divided
- ☐ 4 pounds tomatoes ripe
- ☐ 0.3 cup water

Equipment

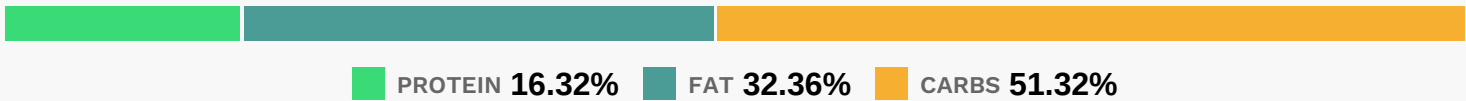
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cut the chiles in half lengthwise; discard seeds and membranes.
- ☐ Place chile halves, skin side up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a paper bag; close tightly.
- ☐ Let stand 10 minutes. Peel chiles. Coarsely chop chiles; place in a bowl.
- ☐ Add corn and onion to pan; broil 10 minutes, stirring twice.
- ☐ Add corn mixture to chopped chiles; stir in oregano, oil, lime juice, 1/4 teaspoon salt, cumin, and black pepper.

- ☐ Cut tops off tomatoes; set aside. Carefully scoop out tomato pulp, leaving shells intact.
- ☐ Drain pulp through a sieve over a bowl, pressing with the back of a spoon to extract liquid. Reserve 1 1/4 cups liquid, and discard remaining liquid.
- ☐ Sprinkle tomatoes with 1/2 teaspoon salt. Invert tomatoes on a wire rack; let stand 30 minutes. Dry insides of tomatoes with a paper towel.
- ☐ Place quinoa in a fine sieve, and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain. Repeat the procedure twice.
- ☐ Drain well.
- ☐ Combine reserved tomato liquid, quinoa, 1/4 cup water, and the remaining salt in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff with a fork.
- ☐ Add quinoa mixture to corn mixture; toss well.
- ☐ Preheat oven to 35
- ☐ Spoon about 3/4 cup corn mixture into each tomato. Divide cheese evenly among tomatoes.
- ☐ Place tomatoes and tops, if desired, on a jelly-roll pan.
- ☐ Bake at 350 for 15 minutes.
- ☐ Remove from oven. Preheat broiler. Broil the tomatoes 1 1/2 minutes or until cheese melts.
- ☐ Place tomato tops on tomatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:3.78, Inflammation Score:-10, Nutrition Score:26.826521370722%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg, Naringenin: 2.07mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.47mg, Kaempferol:

0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 330.15kcal (16.51%), Fat: 12.56g (19.33%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 36.71g (13.35%), Sugar: 13.26g (14.73%), Cholesterol: 20.9mg (6.97%), Sodium: 547.74mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Vitamin C: 79.37mg (96.2%), Vitamin A: 2998.34IU (59.97%), Manganese: 1.15mg (57.35%), Phosphorus: 364.24mg (36.42%), Folate: 133.05µg (33.26%), Potassium: 1162.09mg (33.2%), Vitamin K: 34.42µg (32.78%), Fiber: 8.12g (32.47%), Magnesium: 122.93mg (30.73%), Vitamin B6: 0.57mg (28.7%), Calcium: 222.24mg (22.22%), Vitamin B1: 0.33mg (22.05%), Copper: 0.43mg (21.43%), Vitamin E: 3.07mg (20.5%), Iron: 3.22mg (17.89%), Vitamin B3: 3.38mg (16.89%), Vitamin B2: 0.28mg (16.51%), Zinc: 2.43mg (16.18%), Vitamin B5: 0.96mg (9.65%), Selenium: 6.08µg (8.69%), Vitamin B12: 0.18µg (3.04%)