

SIDE DISH

Savory Stuffed Tomatoes

4 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
6 min	6 min	4	\$0.55	78 kcal

If you have roughly 6 minutes to spend in the kitchen, Savory Stuffed Tomatoes might be an amazing dairy free, lacto ovo vegetarian, and vegan recipe to try. For 55 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1 garlic clove, minced
- ☐ 1½ ounce whole grain bread
- ☐ 4 servings Try Build-A-Meal
- ☐ 4 medium tomatoes
- ☐ 2 tablespoons chopped fresh basil
- ☐ 2 tablespoons chopped pitted kalamata olives
- ☐ 2 teaspoons olive oil, divided
- ☐ ¼ teaspoon salt

EQUIPMENT Food processor, Bowl, Frying pan, Aluminum foil, Broiler

Method

- 1

Preheat broiler.
- 2

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup; set aside.
- 3

Cut top off each tomato. Scoop out pulp, leaving shells intact. Discard tops and pulp.
- 4

Place tomatoes on a jelly roll pan lined with foil.
- 5

Sprinkle tomatoes with salt and pepper.

- 6 Combine breadcrumbs, basil, olives, and garlic in a small bowl. Spoon 1/4 of breadcrumb mixture into each tomato shell.
- 7 Drizzle each tomato with 1/2 teaspoon oil. Broil 3 to 4 minutes or until thoroughly heated.

Nutrition per serving

78	3 g	3 g	11 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.5 g · 3% of daily needs
Fibre			2.5 g · 10% of daily needs
Sugar			3.8 g · 4% of daily needs
Sodium			262 mg · 11% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			17.3 mg · 21% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/savory-stuffed-tomatoes-147838