



Vegetarian Stuffed Plum Tomatoes

- 4 large plum tomatoes - halved lengthwise
- 1 clove garlic - minced
- 2 scallions - minced
- 1/2 cup chopped fresh basil
- 1/2 cup chopped fresh spinach
- 3/4 cup nonfat ricotta cheese
- 3 Tbl. pine nuts

Scoop out the center of the tomato halves.

In a medium bowl, mix together garlic, scallions, basil, spinach, ricotta, salt, and pepper.

Stuff the mixture into the tomatoes.

Lightly spray a baking sheet with oil.

Place the stuffed tomatoes on the sheet and sprinkle with pine nuts.

Bake on lower rack of a 375-degree oven for 20-25 minutes, watching to see that the pine nuts do not become too brown.