

# Stuffed Tomatoes with Brown Rice, Onion, and Cheddar Cheese

## Ingredients:

- 2 teaspoons butter
- 1/2 cup chopped onion
- 1 cup uncooked brown rice
- 1 cup chicken broth
- 1 tablespoon lemon juice
- 3 tablespoons fresh chopped parsley
- 6 large tomatoes
- 1 cup shredded Cheddar cheese

## Preparation:

1. Melt butter in a heavy skillet over medium low heat; add onions and cook until tender. Stir in rice, chicken broth, and lemon juice; bring to a boil. Reduce heat, cover, and simmer for 45 minutes, or until rice is tender. Remove from heat and stir with a fork to fluff rice. Stir in chopped parsley.
2. Core tomatoes, removing some of the loose pulp from the center. Fill each tomato with rice mixture then top with shredded cheese. Place in a large baking dish. Place stuffed tomatoes under broiler until cheese is melted. Stuffed tomatoes serve 6.

Diana Rattray

# Carrot 'N' Celery Amandine

By: Carol Gaus

## Ingredients:

- 1 garlic clove, minced
- 1 teaspoon canola oil
- 1 tablespoon water
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon sugar
- 1 1/4 cups sliced carrots
- 1/2 cup chopped onion
- 1/3 cup chopped celery
- 2 tablespoons sliced almonds, toasted

## Directions:

1. In a large nonstick skillet, saute garlic in oil for 1 minute or until tender. Stir in the water, soy sauce and sugar. Bring to a boil. Add carrots, onion and celery; cook until crisp-tender. Sprinkle with almonds.

# Barley Salad with Corn and Peas

Serves 6

## Ingredients

3/4 cup pearl barley  
3 cups cook fresh corn kernels (about 3 large ears)  
1/2 cup fresh green peas, lightly steamed, or 1/2 cup frozen petite peas, thawed  
1 large celery stalk, diced  
4 ripe plum tomatoes, diced  
3 to 4 Tbs. Minced fresh dill  
2 green onions, sliced  
Juice of 1/2 to 1 lemon to taste  
3 Tbs. Olive oil  
Salt and freshly ground black pepper to taste  
Feta cheese for garnish, optional

## Directions

1. In medium saucepan, bring 2 1/2 cups of water to a boil. Add barley, reduce heat and simmer, covered, until barley is tender and water is absorbed, 40 to 45 minutes. Remove pan from heat and let barley cool to room temperature.
2. In large bowl, combine barley with remaining ingredients except lettuce and feta cheese; mix well. Serve at room temperature or chilled.
3. Sprinkle with feta cheese if desired.

# Ratatouille Pasta

Serves 3

## Ingredients

- 2 C diced, peeled eggplant
- 2 C sliced zucchini
- 1/2 tsp salt
- 1 1/3 C uncooked spiral pasta
- 1 C sliced onion
- 1/2 tsp dried basil

## Directions

1. Place eggplant and zucchini in a colander over a plate; sprinkle with salt and toss. Let stand for 30 min; rinse and drain well.
2. Cook pasta according to package directions. In a large skillet, sauté eggplant, zucchini, and onion in oil until tender. Add tomatoes, tomato paste, oregano, garlic powder, basil, and pepper. Bring to a boil. Reduce heat; cook uncovered, over medium-low heat for 3 minutes, stirring occasionally.
3. Drain pasta. Top with vegetable mixture and mozzarella cheese.