

**Eating Well:**

**August 2019**

**It's Tomato Season**

## **Vegetarian Summer Stuffed Pepper**

### **Ingredients:**

Bell peppers (green, yellow & red) 4  
Black beans, drained & rinsed (1-15 oz. can)  
Mexican cheese blend, shredded, ½ cup  
Salsa, 1 cup  
Long grain rice, uncooked ½ cup  
Green chilies, chopped, 1 can (4 oz. can)  
Chili powder, 1 tsp.  
Cumin, ground ½ tsp.  
Hot sauce, ¼ cup  
Corn, fresh, ½ cup

### **Directions:**

Wash each bell pepper well & then carefully cut the tops off each bell pepper.

Remove seeds & membrane from the pepper while leaving the pepper whole.

In a large mixing bowl, mix together the rest of the ingredients: black beans, cheese, salsa, rice, green chilies, chili powder, hot sauce & corn.

With a spoon, fill each pepper to the brim with the black bean mixture.

Place each filled bell pepper into a medium to large sized crock pot & cover.

Cook on low for 4 to 6 hours. Serve with hot sauce, salsa, sour cream or your favorite garnish.

Serves: 4

325 calories, 6 g fat, 14 g fiber, 57 g carbohydrate & 15 G protein.

## **Tomato Gratin Lasagna**

### **Ingredients:**

Part-skim ricotta cheese. 1 (15 oz. container)

Eggs, lightly beaten, 2 large

Basil, fresh, ½ cup chopped, divided

Garlic, grated, 4 tsp. Divided

Kosher salt to taste

Black pepper, to taste

Beef steak heirloom tomatoes, firm (5 large), cored & cut into ½" thick slices

Olive oil, 6 Tbsp.

White wine vinegar or red wine vinegar, 1 Tbsp.

Cooking spray

9 no-boil lasagna noodles (Barilla), divided

Whole-grain bread, torn into pieces (2 oz)

Parmigiana-REggiano cheese, grated (1/2 cup)

### **Directions:**

Preheat oven to 375 degrees F. Stir together ricotta, eggs, ¼ cup basil, 2 tsp. Garlic,, pinch of salt & pepper.

Remove & discard seeds from 1/3 of the tomato slices. Combine all tomato slices, ¼ cup oil, vinegar, remaining 2 tsp.garlic, & pinch of pepper.

Coat a 13x9" glass or ceramic baking dish with cooking spray.

Arrange 1/3 of the tomato slices in a single layer on bottom of baking dish; top with 3 lasagna noodles.Spread ricotta mixture evenly over noodles; top with 3 lasagna noodles. Arrange 1/3 of the tomato slices in a single layer over noodles & top with remaining 3 noodles. Arrange remaining tomatoes over top, shingling if

necessary. Pour any tomato juices from bowl evenly over lasagna. Cover with foil & bake 375 degrees for 15 minutes. Make bread crumb mixture. Pulse bread in food processors & then heat up in skillet with olive oil until toasted. Add cheese & basil and top lasagna with mixture; bake until top is browned, about 10 minutes. Serves: 8 Calories: 347, Fat: 18 g, Protein: 16 g

## **Herbed Cucumber & Tomato Salad**

### **Ingredients:**

Olive oil, 3 Tbsp.  
Red wine vinegar, 2 Tbsp.  
Fresh oregano, chopped, 1 tsp.  
English cucumber, sliced. 1 ½ pounds  
Grape tomatoes, halved, 1 cup  
Red onion, thinly sliced, ½ cup  
Fresh mint leaves, 2 Tbsp.  
Flat-leaf parsley, fresh, 2 Tbsp..  
Dill weed, fresh, chopped, 2 Tbsp.  
Kosher salt & black pepper to taste  
Feta cheese, crumbled, ½ cup

### **Directions:**

Whisk together first 3 ingredients in a small bowl.  
Toss together cucumbers, next 5 ingredients & vinegar mixture in a large bowl.  
Season with salt & pepper.  
Sprinkle with feta.

Serves: 4 to 6 servings

## Hearty Tortellini Soup

### Ingredients:

Olive oil, 2 Tbsp.

Yellow onion, 2 cups, chopped

Fennel bulb, chopped, 2 cups

Garlic, fresh, minced. ¼ cup

Cremini mushrooms, sliced, 2 (8 oz. pkg)

Tomato paste, unsalted, 2 Tbsp.

Unsalted vegetable stock, 8 cups

Water, 4 cups

Freshly ground black pepper, 1 tsp.

Fire-roasted diced tomatoes, untrained 2 (15 oz.cans)

Chickpeas, rinsed & drained 2 (15 oz) cans

Curly kale, chopped & stemmed, 6 cups

Whole wheat 3-cheese tortellini (9 oz) 1 ½ pkg

Red wine vinegar, 1 ½ Tbsp.

Fresh flat-leaf parsley, chopped 1/3 cup

### Directions:

Heat oil in a large Dutch oven over medium heat. Add onion, fennel, garlic & mushrooms; cook 15 minutes or until liquid evaporates, stirring occasionally.

Stir in tomato paste; cook 1 minute. Add stock & next 5 ingredients (through chick peas); bring to a boil. Reduce heat & simmer 5 minutes.

Stir in kale. Add tortellini. Cook 8 minutes or until tortellini are done. Remove pan from heat; stir in vinegar. Divide soup among 12 bowls; sprinkle with parsley.

Serves: 12. (1 ½ cups)

Calories: 269, Fat: 7 g, Protein: 13 g, Carb: 39 g. Fiber: 7 g, Sodium: 615 mg