



GEMISTA (GREEK STUFFED TOMATOES)

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Gemista is a Greek dish that means, "filled with." It is a delicious summer recipe for oven-baked Greek stuffed tomatoes or other vegetables. There are as many versions of Gemista as there are Greek households. The vegetables can be either filled with rice or potatoes, other vegetables and herbs or combined with ground meat. Either way, it is a great way to enjoy summer tomatoes. This recipe is a healthy weight-loss version, utilizing cauliflower rice and ground beef (or ground turkey/chicken). There are plenty of servings so you can enjoy leftovers throughout the week.

Makes 4 servings. One serving is two tomatoes and it covers your protein and vegetable for one meal.



INSTRUCTIONS

- 8 medium tomatoes
- 3 Tbsp avocado oil (divided into 2 Tbsp & 1Tbsp)
- 1Tbsp Balsamic vinegar
- 2 tsp Italian seasoning
- 1-1/2 tsp Pink Himalayan salt (divided into 1/2 & 1tsp)
- 1/2 large onion, finely diced
- 3 cloves of garlic, minced
- 1 lb. grass-fed ground beef
- 1/4 tsp black pepper
- 12 oz cauliflower rice, fresh or frozen Swerve or stevia drops (if needed)



INSTRUCTIONS

Preheat the oven to 375 °F. Line a baking dish with foil. Slice a thin layer off the top of the tomatoes, setting each top by the tomato to be placed back on top later.

Scoop out the flesh of the tomato carefully without puncturing the exterior skin and place it into a large blender (if you have an immersion blender, you can put it into a large bowl. Place the tomatoes cut side up on the baking sheet with the lids on or next to them. Set aside.

In the blender (or bowl) add the Balsamic vinegar, Italian seasoning, 2 Tbsp avocado oil and 1/2 tsp salt. Blend until smooth and set aside.

Heat the remaining 1Tbsp of oil in a large sauté pan over medium heat. Add the chopped onions and sauté for 10 minutes, until brown. Add the garlic and sauté for one minute.

Add the ground beef, salt and pepper. Increase heat to med-high and cook for 10 minutes, breaking apart until browned and cooked through.

Add the cauliflower rice and tomato pulp mixture. It will contain a lot of liquid - almost like a soup. Bring the mixture to a boil, then reduce to a simmer, stirring occasionally for about 10-15 minutes until the liquid reduces and you have beef and cauliflower in tomato sauce.

Taste. If the mixture is too tart/acidic, add liquid stevia drops or a Tbsp of Swerve granular.

While the mixture is simmering, use paper towels to dry out the inside of the tomatoes. Then stuff the beef/cauliflower into the tomatoes and place the lids on top.

Cover the tomatoes with foil and bake for 30 minutes. Uncover and bake for 15-20 minutes, until tomatoes are soft.