

Pomodori Ripieni

STUFFED TOMATOES

Pomodori ripieni make an appetizing side dish to serve with grilled poultry or seafood. They are a good source of vitamins C and A.

- 8 firm, ripe tomatoes
- 1 cup (5 oz/155 g) minced onion
- 1 cup (2 oz/60 g) stemmed and coarsely chopped Swiss chard (silverbeet)
- ½ cup (2½ oz/75 g) diced yellow bell pepper (capsicum)
- 3 cloves garlic, minced
- 3 tablespoons dry bread crumbs
- 3 tablespoons fresh parsley, minced
- 1 teaspoon fresh thyme, minced