



Stuffed Tomato Appetizer

Ingredients:

- 1 pint cherry tomatoes
- 1/3 lb. mashed blue cheese
- 1/3 c sour cream
- 1 tsp lemon juice
- Salt to taste
- Dash of pepper
- Paprika as needed
- Parsley as needed

Directions:

1. Wash tomatoes, cut a small slice from the top of each tomato; scoop out pulp with a small spoon or melon baller, and discard pulp. Place tomatoes, cut sides down, on paper towels, and let drain 15minutes.
2. Mix the ingredients
3. Stuff the tomatoes with mixture
4. Garnish with paprika and parsley

Nutrition Information based on full recipe:

Calories: 384	Total Fat: 28 g	Total Carbohydrate: 22 g	Dietary Fiber: 6 g
Protein: 15 g	Sodium: 1125 mg	Calcium: 361 mg	Iron: 2 mg

University of Delaware Cooperative Extension In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.