

Low-Point Seasoned Millet Stuffed Tomatoes

(Gluten-Free)

Ingredients:

- 1/2 cup whole-grain millet
- 4, vine-ripe medium tomatoes, tops removed and seeds/pulp scooped out and reserved
- 1 Tbs. minced onion
- 1/2 cup zucchini or squash, chopped small
- 1/4 cup packed fresh basil, chopped small
- 1/4 cup packed fresh cilantro, chopped small
- 1/4 cup grated parmesan cheese
- 1/4 cup lemon juice
- 1 Tbs olive oil
- 1/4 tsp. salt (more if desired)
- 1/4 tsp. pepper (more if desired)

Cook millet according to directions. Once cooked, let cool slightly and add the rest of the ingredients. Mix well. Add the reserved tomato pulp, and combine. Spoon mixture into tomatoes (approximately 1/4 cup mixture into each tomato). Eat immediately or refrigerate until you're ready to enjoy!

***Note** - you will have leftover millet mixture. Place in a tightly sealed container and store in refrigerator to enjoy at a later time. (If mixture appears dry setting in the refrigerator for a day or two, add more lemon juice for no extra points or one tablespoon of olive oil for 3.6 additional points.) OR feel free to core and scoop out more tomatoes for remaining mixture.

Total servings - 4 tomatoes

Serving size - 1

Points per serving - 1.5

Points plus per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Today is going to be a good day.
Enjoy every last minute." - Anonymous***