



Stuffed tomatoes



Source: Foundation for Development FAUTAPO

Ingredients:

5 tomatoes
40 g quinoa
3 cooked potatoes
1 tbsp red pepper
1 tbsp green pepper
Mayonnaise to taste
Lettuce leaves

Preparation:

- Rinse the quinoa and cook in water.
- Cook the potatoes, let cool and peel.
- Halve the tomatoes and remove the pulp.
- In another bowl, mash the potatoes well and add the quinoa with the peppers and the mayonnaise.
- Mix everything and stuff the halved tomatoes.
- Serve with lettuce leaves.