

TOMATO STUFFED WITH HERBED COUSCOUS

MAKES EIGHT SERVINGS

1 ½ CUPS WATER

1 TABLESPOON TOMATO PASTE

2 TEASPOONS OLIVE OIL

1 ½ CUPS WHOLE-WHEAT COUSCOUS

¼ CUP FRESH LEMON JUICE

1 TABLESPOON CHOPPED PARSLEY OR DRIED PARSLEY

1 TEASPOON DRIED BASIL

½ TEASPOON CINNAMON

½ TEASPOON SALT

1/8 TEASPOON GROUND PEPPER

8 TOMATOES (THESE CAN ALSO BE DONE AS STUFFED PEPPERS)

- 1) Combine the water, tomato paste and oil in a saucepan, bring to a boil. Stir in the couscous, lemon juice, parsley, basil, cinnamon, salt and pepper.
- 2) Cut off the top half inch of each tomato, reserving the slices to use as lids. Scoop out the seeds and membranes. Fill with the couscous and top with the lids.

