



Mint & Goat Cheese Stuffed Tomatoes

2 servings
15 minutes

Ingredients

- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Mint Leaves (chopped, divided)
- 1 1/2 cups Cherry Tomatoes (halved, seeds removed)

Nutrition

Amount per serving	
Calories	69
Fat	4g
Saturated	3g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	5g
Fiber	2g
Sugar	4g
Protein	4g
Cholesterol	7mg
Sodium	93mg
Potassium	283mg
Vitamin A	1067IU
Vitamin C	16mg
Calcium	32mg
Iron	0mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	9µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	20µg
Vitamin B12	0µg

Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 3 Garnish with the remaining mint and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor: Drizzle extra virgin olive oil otop.

No Mint: Use parsley or basil instead.

Make it Vegan: Use cashew cream cheese instead.

Phosphorous	29mg
Magnesium	15mg
Zinc	0mg
Selenium	0µg