

PREP TIME: 30 MINUTES

GUACAMOLE-STUFFED CHERRY TOMATOES

MAKES 24 TOMATOES OR 6 APPETIZER PORTIONS

100 CALORIE
COUNT=

4 TOMATOES



Recommended Serving:
APPETIZER – 100 Calories = 4 Tomatoes

Mona's Family Favorites: Not all party finger foods have to be heavy, greasy “calorie bombs.” These little “cherry bombs” are a simple and satisfying alternative for your guests. With only 25 calories in each filled tomato, you can go back for a second, or third, or fourth without any guilt!

Featured Recipe Story: See next page.

Ingredients:

24 large cherry tomatoes
(about 2 pints)

1 lime, halved

Salt

1 cup Fresh Guacamole
(see page 206)

6 corn tortilla chips, crushed

Chili powder

Fresh cilantro

Directions:

- 1 Slice the tops and bottoms off each cherry tomato, cutting just a thin sliver from the bottoms for the tomatoes to stand upright.
- 2 Use a melon baller or grapefruit spoon to remove and discard the pulp and seeds from each tomato, placing them on a serving dish as you finish.
- 3 Squeeze the lime over all the tomatoes on the serving dish, and then lightly sprinkle with salt.
- 4 Fill each tomato with 2 teaspoons of the Fresh Guacamole, letting it pile up and out of the tomato.
- 5 Top the filled tomatoes with crushed tortilla chips, and then sprinkle lightly with chili powder. Garnish each with a leaf of fresh cilantro and serve.

HELPFUL TIP:

Stores are often overstocked with (oval) grape tomatoes and have very few (round) cherry tomatoes. If you are having trouble finding them, don't forget to check the organic produce section. They may even have both yellow and red cherry tomatoes to make a multicolored platter!