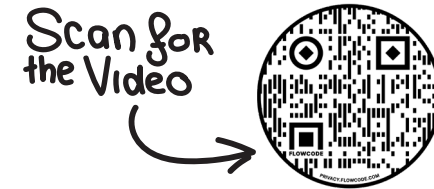


QUINOA STUFFED TOMATOES



Prep time: 10m
Total time: 55m

INGREDIENTS

- 65 grams quinoa
- large tomatoes
- 1 clove of garlic
- 1 tbsp olive oil
- 4 tbsp pesto
- 3 tbsp parmesan cheese
- goat cheese
- basil leaves
- salt and pepper

DIRECTIONS

1. Cut the stem and top part of the tomato off. Scoop the insides of the tomato out and keep it to cook the quinoa in the tomato juice.
2. Cook the quinoa for 20min in the tomato juice with some oil, finely chopped garlic and some added water.
3. Preheat the oven on 200 degrees C. Place the tomatoes on a baking dish.
4. Once the quinoa is cooked, mix the pesto, parmesan cheese, chopped basil leaves, salt and pepper.
5. Stuff each tomato and top it with some leftover pesto and goat cheese. Cook this for about 25 min.



.... less CO2 emissions

.... less plastic

.... less waste

FOODLOOPBOX BARCELONA

Creating a sustainable food loop that will increase the local sustainable economies and will improve the health of people and the planet

PARTNERS



Go Zero Waste informs people about stores with sustainable products and opportunities to shop waste free

Espigoladors is a company that aims to reduce food waste and prevent social exclusion trough collecting leftover fruits and veggies and hiring people in need



Sustainable tapas is a platform that organizes events and summits to provide climate information, to start a transition to a more sustainable diet

The Delft University of Technology and the Cornell University support the foodloop project by providing knowledge.



TU Delft