

Chicken Wild-Rice Stuffed Tomatoes

Ingredients

1/4 cup wild rice
8 large tomatoes
Cooking spray
1 onion, chopped
4 ounces mushrooms, chopped
1 pound ground chicken
1 Tbsp sweet smoked paprika
1/2 cup light sour cream
1 bunch dill, chopped (about 1 cup)
1/2 teaspoon salt, divided

Directions

1. Prepare wild rice according to package directions
2. While rice cooks, cut a 1/2-inch slice off the top of each tomato. Scoop out and discard seeds, most of the flesh and excess juice. Place tomato shells on a baking sheet and set aside. Preheat oven to 350F.
3. Coat a large skillet with cooking spray and heat over medium-high heat. Add the onion and cook, stirring occasionally until softened, about 3 minutes. Add the mushrooms and cook for 1 minute. Add the ground chicken and cook for 6 minutes, breaking up the meat with a wooden spoon until crumbly. Stir in smoked paprika. Remove pan from heat and stir in cooked wild rice, sour cream and dill. Add 1/4 teaspoon salt.
4. Stuff the rice mixture into the tomatoes. Spray the outside of the tomatoes lightly with cooking spray and season lightly with remaining 1/4 teaspoon salt. Cover loosely with foil and bake until the tomatoes are tender and the filling is hot, about 25 minutes.

Nutrition Information makes 4 servings

Per Serving

Calories: 230
Fat: 12 g
Cholesterol: 110 mg
Sodium: 410 mg
Carbohydrate: 25 g
Fiber: 5 g
Protein: 26 g



www.MyEatSmartMoveMore.com

Eat Smart