

Cheesy Orzo Tomatoes

Jean Kressy
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Servings: 4

4 large ripe tomatoes
2/3 cup uncooked orzo or ditalini
1/2 cup (4 ounces), Boursin or
Alouette cheese
2 tablespoons parsley, chopped
1/2 cup Parmesan cheese, grated

Preheat the oven to 375 degrees.

Cut a thin slice off the top of each tomato.
Scoop out some, but not all, of the pulp.

Cook the orzo according to package directions.
Drain the pasta but reserve three tablespoons of
the cooking water and set aside.

Combine the orzo, Boursin, parsley and reserved
cooking water.

Spoon the mixture into the tomatoes. Transfer
the tomatoes to a baking dish. Sprinkle with the
grated cheese.

Bake for 25 minutes.

Per Serving (excluding unknown
items): 72 Calories; 3g Fat (40.2%
calories from fat); 5g Protein; 6g
Carbohydrate; 1g Dietary Fiber;
8mg Cholesterol; 198mg Sodium.
Exchanges: 1/2 Lean Meat; 1
Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	72	Vitamin B6 (mg):	.1mg
% Calories from Fat:	40.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	32.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	22mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	198mg
Potassium (mg):	294mg
Calcium (mg):	146mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	26mg
Vitamin A (i.u.):	934IU
Vitamin A (r.e.):	107RE

Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	72	Calories from Fat: 29
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% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	8mg	3%
Sodium	198mg	8%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	6%
Protein	5g	
Vitamin A		19%
Vitamin C		43%
Calcium		15%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.