

# Three Cheese Kale Stuffed Tomatoes

*Chef Linset - Aldi Test Kitchen*  
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*12 ounces organic kale*  
*1/2 cup shredded*  
*mozzarella cheese*  
*1/4 cup reduced-fat feta*  
*cheese crumbles*  
*1 teaspoon garlic, chopped*  
*1/4 cup half-and-half*  
*1 teaspoon lemon juice*  
*salt (to taste)*  
*ground black pepper (to*  
*taste)*  
*9 medium tomatoes*  
*2 tablespoons shredded*  
*Parmesan cheese*

Preheat the oven to 400 degrees.

In a food processor, chop the kale by pulsing in batches until finely chopped.

In a large bowl, combine the kale, mozzarella, feta, garlic, half-and-half and lemon juice. Season to taste with salt and pepper. Toss until combined.

Cut the tomatoes in half lengthwise. Remove the seeds with a spoon.

Stuff each tomato half with 1/2 cup of the kale mixture. Sprinkle the tops evenly with parmesan cheese.

Arrange on a parchment-lined baking sheet.

Bake for 10 to 12 minutes until lightly browned on top.

Serve immediately.

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Per Serving (excluding unknown items): 460 Calories; 20g Fat (36.3% calories from fat); 26g Protein; 54g Carbohydrate; 12g Dietary Fiber; 58mg Cholesterol; 505mg Sodium. Exchanges: 2 1/2 Lean Meat; 10 Vegetable; 0 Fruit; 2 Fat.