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# Spinach-Stuffed Tomatoes

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 6

**6 small tomatoes, top 1/4 cut off**  
**1/2 cup cottage cheese**  
**2 tablespoons plain yogurt**  
**1/2 teaspoon salt**  
**dash pepper**  
**dash nutmeg**  
**1 package (10 ounce) frozen chopped spinach, cooked and drained well**  
**1 tablespoon minced fresh onion**  
**2 tablespoons bread crumbs**

Scoop out the tomato seeds and some of the pulp from each tomato. Sprinkle the tomato shells with salt and turn upside down to drain.

Using a blender or food processor, blend the cottage cheese, yogurt, 1/2 teaspoon of salt, pepper and nutmeg. Mix with the spinach, onion and one tablespoon of bread crumbs. Spoon the mixture into the tomato shells and sprinkle with the remaining bread crumbs.

Place on a baking sheet. Bake for 15 to 20 minutes at 400 degrees.

## Side Dishes

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*Per Serving (excluding unknown items): 74 Calories; 1g Fat (14.0% calories from fat); 6g Protein; 11g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 343mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.*