



## A Recipe from



*Dr. Sinatra's*

## PROSTATE POWER BAKED STUFFED TOMATOES

Stuffed tomatoes are popular throughout the Mediterranean region. This prostate power version combines antioxidant-rich vegetables with a little cheese. Try adding wild snapper, ground grass-fed beef or ground free-range chicken breast for meaty flavor and extra protein.

- 1 large carrot, peeled and diced
- 1 large [zucchini](#), peeled, cored and diced
- 1 large yellow [squash](#), peeled, cored and diced
- 1-1½ pounds [broccoli](#), florets only, minced
- 2 tablespoons raw pumpkin seeds
- 1 cup cooked legumes, such as black or navy beans
- 8 ounces extra-firm tofu, cut into ½-inch cubes
- ¼ cup coarsely chopped fresh [cilantro](#)
- 1 tablespoon minced [garlic](#)
- 1 tablespoon minced hot peppers
- Pinch salt
- 6 large beefsteak [tomatoes](#), tops removed and insides scooped out
- 1 teaspoon light [olive oil](#)
- ½ cup low-fat cheese, such as crumbled feta, crumbled goat cheese or grated Parmesan cheese, optional

Position the rack in the center of the oven and preheat to 350°F. In a large bowl, combine the carrot, zucchini, squash, broccoli, pumpkin seeds, legumes, tofu, cilantro, garlic, hot peppers and salt. Toss until well combined. Place the tomatoes on a baking sheet pan and fill each with stuffing. Do not overload them. Drizzle with olive oil. Bake for 20 minutes. If using cheese, sprinkle over the tomatoes after 15 minutes of cooking time. Remove from the oven and serve. Serves 6.