

# italian stuffed tomatoes

**Serves 1**

RECIPE ADAPTED FROM: [Hamilton Beach](#)

PREP TIME: 10 minutes

COOK TIME: 25-30 minutes

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2 large (or 4 medium) tomatoes  
1 cup shredded cooked chicken  
¾ cup cooked brown rice  
2 Tbsp grated Parmesan cheese  
1 tsp dried Italian seasoning  
Salt and pepper, to taste  
¼ cup shredded mozzarella cheese

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PREHEAT toaster oven to 350°F.

LINE toaster oven tray with aluminum foil or spray with nonstick cooking spray.

CUT the top off each tomato and scoop out the centers. Place tomatoes on prepared tray.

CHOP the insides of the tomatoes and add to a large bowl. Add shredded chicken, rice, Parmesan cheese, Italian seasoning, salt and pepper.

STIR until combined.

STUFF each tomato evenly with the chicken mixture, about 1 cup per tomato.

TOP with mozzarella cheese.

BAKE for 25-30 minutes or until cheese is melted and mixture is heated through.

