Deviled Tomatoes
in a new light

Makes: 4 servings
Prep Time: 20 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:

- 4 medium tomatoes
- 3 slices reduced-sodium bacon, chopped into 1/4-inch pieces
- 1 medium red onion, chopped
- 1 small green bell pepper, chopped
- 1 jalapeño pepper, seeded and minced (wear gloves to prevent irritation)
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup shredded reduced-fat Pepper Jack cheese

Directions:

Set the broiler rack 4–6 inches from the heat and preheat the broiler. Line the broiler tray with foil.

Halve the tomatoes lengthwise and scoop the flesh out of their centers and chop, reserving the tomato shells.

In a large nonstick skillet over medium heat, cook bacon until crisp, 3–4 minutes; drain and discard the fat. Remove the bacon with a slotted spoon to a paper towel-lined plate and reserve.

Add the onion, bell pepper, jalapeño, and garlic to the skillet and cook, stirring occasionally, over medium-high heat, until the vegetables are softened slightly, about 5 minutes. Stir in the reserved chopped tomato flesh, oregano, and black pepper and cook until soft, about 5 minutes.

Evenly divide the cooked vegetable mixture among the tomato shells and place in the broiler pan. Sprinkle each filled shell with 1 tablespoon of the cheese and scatter the bacon over the tops. Broil until the cheese is melted, 3–4 minutes. Serve immediately or at room temperature.

Nutritional Information: Per serving (2 tomato halves): 130 calories, 5 g fat (2.5 g saturated, 0 g trans), 190 mg sodium, 15 g carbohydrate, 4 g fiber, 8 g protein.

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.