

## Chicken Parmesan Stuffed Tomatoes



Servings:

**8 servings**

Prep Time:

**10 min**

Cook Time:

**20 min**

### Ingredients

- 2 Pouches **Quinoa & Brown Rice Microwavable Pouches**
- 3 cups **Rotisserie Chicken (about 1/2, use chicken breast)**, shredded
- 1 1/2 cup **Marinara Sauce**
- 1/3 cup **Parmesan Cheese**, grated
- 8 each **Globe Tomatoes**
- 1/4 cup **Gluten Free Panko**
- 1/4 tsp **Salt & Pepper**
- 1 tsp **Italian Seasoning**
- 1 cup **Mozzarella Cheese**, shredded
- Garnish: **Fresh Basil**

### Method of Preparation

#### Step 1

Preheat oven to 400° F. Line a baking sheet with parchment paper.

Microwave the two pouches of Quinoa & Brown Rice. Pour in a bowl and fluff. (You could also make your own quinoa or brown rice on the stove top)

Shred rotisserie chicken with two forks in a separate bowl.

#### Step 2

Cut the tops off of the tomatoes and remove the insides.

#### Step 3

In a bowl, combine shredded chicken, quinoa & wild rice, marinara sauce, and 1/3 cup parmesan cheese.

#### Step 4

Stuff each tomato with the filling mixture.

#### Step 5

Top with shredded mozzarella cheese.

Top with GF panko, 1/4 cup parmesan cheese, Italian seasoning, salt/pepper mixture.

Place stuffed tomatoes on the baking sheet and spray tops with pan spray.

#### Step 6

Bake, uncovered, for about 20 minutes.

Top with fresh basil when done baking. Enjoy!

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