

# Mark's Kitchen

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## Poblano Stuffed Tomatoes

Prep time: 20 minutes

Cook time: 5 minutes

Serves: 4

I love growing tomatoes in my summer garden. There is nothing better than inviting a group of friends over to enjoy a bike ride and an afternoon snack featuring homegrown vegetables. You don't have to have a garden to enjoy this recipe with your friends—you just have to appreciate delicious, easy, and satisfying whole foods.

### Ingredients:

- 8 Campari tomatoes
- 2 Poblano peppers
- 1 avocado, pitted and peeled
- 1/2 bunch cilantro, including stems
- 1 tablespoon extra-virgin olive oil
- 1 1/2 teaspoons fresh lime juice
- 1/2 teaspoon sea salt
- 2 tablespoons toasted sunflower seeds

Step 1: Rest the peppers on the grate of a gas stove. Turn the fire on medium and char the peppers, turning them with tongs, until evenly black-

ened and blistered, about 5 minutes. (Alternatively, you can roast the peppers over a gas grill or under the broiler.)

Step 2: Transfer the peppers to a bowl, cover with plastic wrap, and let steam. When cool enough to handle, rub off the charred skin and discard, along with the stems and seeds.

Step 3: While the peppers cool, slice off a little from the top and bottom of each tomato to create flat surfaces. Cut the tomatoes in half. Scoop out the seeds and discard.

Step 4: Transfer the peppers to a food processor, along with the avocado, cilantro, lime juice, and salt. Puree until very smooth.

Step 5: Transfer the puree to a zipper-top plastic bag and snip a hole in one corner. Pipe the avocado mixture into the tomato halves. Top with the sunflower seeds and serve.

Nutritional analysis per serving (2 stuffed tomatoes): calories 140, fat 9 g, saturated fat 1.5 g, cholesterol 0 mg, fiber 4 g, protein 2 g, carbohydrates 12 g, sodium 300 mg