



TOMATO RECIPES

from [Plant-Based Pittsburgh](#) (June 15, 2022)



WATERMELON CHERRY BEET TOMATO SALAD 4-3-2-1 by The Jaroudi Family

Ingredients:

- 4 cups watermelon chopped
- 3 cups pitted cherries halved
- 2 cups cooked beets chopped
- 1 cup cherry tomatoes chopped
- Fresh mint chopped for garnish
- 1 Tbsp. white balsamic vinegar (optional)

Directions:

1. Add chopped watermelon, pitted cherries, beets, and cherry tomatoes to a large bowl.
2. Toss ingredients to mix well.
3. Top with fresh mint and white balsamic vinegar.
4. Best served chilled

ROASTED TOMATO FOCACCIA (using Brittany Jaroudi's Pizza Crust Recipe) by Linda Jones

Ingredients:

- 8-10 cherry tomatoes
- 6-8 T. balsamic vinegar
- 4 T. water
- 1 tsp. date paste

Directions: (This can be done a day or two before making the focaccia.)

1. Preheat oven to 400 degrees.
1. Cut tomatoes (length-wise) in half. Combine vinegar/water/ date paste and put into a plastic bag that can be sealed. Add cut tomatoes to bag to marinate them briefly.
2. Place the tomatoes, cut side up, on a parchment-lined baking pan.
3. Roast in oven 20-25 minutes until the edges are wrinkled but still juicy in the middle.

Focaccia Ingredients: (adapted from Brittany's Pizza Crust recipe)

- 1½ cup dry quinoa (rinsed/drained)
- 1 cup water
- 2 T. pizza seasoning
- 1 T. onion powder
- 1 T. garlic powder
- ½ T. nutritional yeast

Directions:

1. Preheat oven to 400 degrees.
2. Combine all ingredients in blender until smooth.
3. Spread dough onto a parchment-lined pan. (14x 20)
4. Place roasted tomatoes on top of dough.
5. Bake for 15 minutes.
6. Cut into squares when cool.

BULGUR, TOMATO and CUCUMBER SALAD (adapted from FOK) by Linda Jones

Ingredients:

- 1½ cups bulgur, rinsed/drained
- 1½ cups cherry tomatoes, halved
- 1 medium cucumber (halved, seeded, diced)
- 4 green onions, sliced
- 3 cloves garlic (peeled, minced)
- 2 lemons, zest and juice
- 2 T. red wine vinegar
- 1 tsp. crushed red pepper
- ¼ cup tarragon, minced
- Salt/pepper to taste



Directions:

1. Bring 3 cups of water to a boil in a medium pot and add the bulgur.
 2. Remove the pot from the heat and cover with tight lid. Let it sit about 15 minutes until water is absorbed and bulgur is tender. (I needed to drain the bulgur.)
 3. Spread the bulgur out, on a cookie sheet, and let it cool to room temperature.
 4. When cool, put the bulgur in a bowl and add all the remaining ingredients.
 5. Mix well; chill 1 hour before serving. (The dressing is mild tasting. Can use other dressings in place.)
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ITALIAN-STYLE STUFFED TOMATOES (adapted from FOK) serves 6 from Linda Jones

Pesto Ingredients:

- 2 cups packed basil
- ¼ cup walnuts
- 4 cloves, peeled/chopped garlic
- 2 tsp. fresh lemon juice
- ½ pkg. extra firm silken tofu (well drained)
- ¼ cup nutritional yeast (optional)



Directions: Combine all in a food processor or blender until smooth. (I've made this before without the tofu.)

Filling Ingredients:

- 2 15-oz. cans navy beans (rinsed/drained)
- 1 15-oz. can artichoke hearts (oil-free, drained, and rough chopped)
- ½ medium yellow onion, small diced
- 6 large tomatoes (beefsteak)
- ½ cup Basil Pesto

Directions:

1. Combine the beans, artichoke hearts, onion and pesto in a small bowl.
2. Cut the top ½ inch off from each tomato. Scoop out the flesh.
3. Divide the filling evenly between the prepared tomatoes.

*This filling is FABULOUS!!!!!!

SKILLET LASAGNA (adapted from One Green Planet) by Linda Jones

Ingredients:

- ½ cup veggie broth (plus 4 T.)
- ¾ c. chopped onion
- 2 cloves garlic
- *3 cans of diced, crushed tomatoes
- 1 tsp. dried oregano
- 1 tsp. thyme
- ½ tsp. red pepper flakes
- ½ cup veggie broth
- 1/3 cup red lentils
- 1 can cannellini beans (rinsed/drained)
- *8 oz. lasagna noodles/no bake (broken into 1-2" pieces)

Directions:

1. Heat the 4 T. veggie broth in pan. Sauté onion and garlic for 3-4 minutes until softened.
2. Add tomatoes, oregano, thyme, red pepper flakes and ½ cup veggie broth. Bring to a boil. Lower heat to a simmer.
3. Add the lentils and cannellini beans and stir.
4. Add the broken noodles and stir to combine.
5. Make sure the noodles are submerged in the sauce.
6. Cover and simmer for 30 minutes until noodles are tender. Stir noodles occasionally so that the pasta does not stick together. Keep the noodles coated in tomato sauce.
7. Check at end to make sure all ingredients are cooked, especially noodles and lentils.
8. Serve with basil or parsley on top.

*I've made this with regular lasagna noodles but parboiled them before beginning the recipe.

*Total ounces of tomatoes is around 45. I've used a combination of diced tomatoes, fire-roasted tomatoes, tomato paste and sun-dried tomatoes.

*May have to add more broth or water to sauce so to have enough sauce that the ingredients will cook.

*Other colored lentils may need additional cooking time.