

Grilled Tomatoes and Quinoa

RECIPE BOX

INGREDIENTS

1/4 CUP OLIVE OIL
5 CLOVES GARLIC, FINELY CHOPPED
3 TBSP SOY SAUCE
1 TSP KOSHER SALT
4 MEDIUM TOMATOES, CORED AND HALVED CROSSWISE
1 CUP ROUGHLY CHOPPED PARSLEY OR CILANTRO LEAVES AND STEMS



DIRECTIONS

STEP 1: Whisk oil, garlic, soy sauce, and salt in a 9x 13 baking dish.

STEP 2: Add tomatoes; toss to coat and lay cut side down in dish. Let tomatoes marinate at room temperature for 15 minutes.

STEP 3: Heat a charcoal grill or set a gas grill to high; bank coals or turn off burner on one side. Reserve marinade and grill tomatoes, cut side down, on hottest part of grill until slightly charred, 2-4 minutes.

STEP 4: Flip tomatoes and spoon reserved marinade over tops; continue to grill without flipping until tomatoes are slightly caramelized, 6-8 minutes. Garnish.



This recipe is gluten free as written.



This recipe is vegetarian as written.

Nutrition per Serving: Calories 142, Fat 12g, Carbs 6g, Protein 2g

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