

Tuna-Stuffed Tomatoes

Prep Time: 5 Min **Cook Time:** 20 Min **Total Time:** 25 Min
Serves 1

Ingredients

1 whole tomato

1 can of tuna

Seasonings of your choice (we use mustard & pepper)

2 garlic grissini sticks (or 1 melba toast)

Instructions

- 1 Cut a whole tomato in half and scoop out the insides
- 2 Take a can of tuna and mix with pepper, a bit of mustard or broth, and the tomatoes
- 3 Place mixture inside the tomato halves
- 4 Top with crushed breadsticks or melba toast
- 5 Bake in the oven at 350 degrees until soft (about 20 minutes)

Notes

Some like it hot...some like it cold! Either way it'll be a recipe you'll carry over to Phase 3, 4 & beyond.

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