

Stuffed Tomatoes

with Crab, Lobster, and Shrimp

These hearty stuffed tomatoes are filled with a flavorful mix of crab, lobster, and shrimp, seasoned with Old Bay and fresh herbs, and made hearty with the addition of wild rice.

PREP TIME: 25 minutes

TOTAL TIME: 45 minutes

COOK TIME: 20 minutes

Stuffed Tomatoes:

6 large tomatoes, tops cut off and insides scooped out
1/2 C cooked wild rice
1/4 lb lump crab meat
1/4 lb cooked lobster meat, chopped
1/4 lb cooked shrimp, chopped
1/4 C red onion, finely chopped
1/4 C celery, finely chopped
1/4 C red bell pepper, finely chopped
1 t Old Bay seasoning

1/2 t garlic powder
1/2 t onion powder
1/4 t salt
1/4 t black pepper
1 T fresh parsley, chopped
1 T fresh chives, chopped
1 T fresh dill, chopped
1/2 C Green Rooibos Key West tea (Adagio.com), brewed and cooled

PREPARE FILLING: In a large bowl, combine the cooked wild rice, crab meat, lobster meat, shrimp, red onion, celery, red bell pepper, Old Bay seasoning, garlic powder, onion powder, salt, black pepper, parsley, chives, dill, and brewed Green Rooibos Key West tea. Mix well.

STUFF TOMATOES: Preheat your oven to 375°F. Fill each tomato with the seafood and wild rice mixture. Arrange the stuffed tomatoes in a baking dish.

BAKE TOMATOES: Bake for 20 minutes, or until the tomatoes are tender and the filling is heated through.