

# STUFFED TOMATO BITES

Stuffed Tomato Bites

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving= 6 tomato halves)*

## **Nutrition (per serving)**

Calories: 41	Total Carbohydrate: 2
Total Fat: 3 g	Dietary Fiber: 0 g
Saturated Fat: 2 g	Protein: 2 g
Sodium: 104 mg	

## **Ingredients**

- 48 tomatoes, like campari, roma, large cherry or grape tomatoes

### *Cream Cheese Filling*

- 6 Tablespoons whipped cream cheese
- ½ cup non-fat plain Greek yogurt
- 2 teaspoons garlic, minced
- ¼ cup yellow bell pepper, finely diced
- ¼ cup white or yellow onion, finely diced
- 2 Tablespoons fresh dill, chopped
- ¼ teaspoon salt

## Directions

1. Cut each tomato in half and use a small spoon or melon baller to hollow out each half.
2. In separate small bowls, mix the filling ingredients together.
3. Fill tomato halves with two teaspoons of filling.