



Makes 12 stuffed tomatoes
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

½ cup dry whole wheat orzo
½ cup fresh or frozen green peas
2 tablespoons toasted pine nuts
1 cup packed fresh basil, finely chopped
¼ cup finely chopped onion
¼ cup finely chopped yellow or orange bell pepper
2 cloves garlic, minced
1 teaspoon white wine vinegar
Sea salt, to taste
Freshly ground black pepper, to taste
¾ cup canned cannellini beans, rinsed and drained
12 Campari tomatoes

Orzo-Stuffed Tomatoes with Pesto Fluff

Campari tomatoes are larger than cherry tomatoes, but smaller and rounder than romas—which make them perfect for stuffing. Each juicy sphere is hollowed out with a melon baller and filled with a delicious [Mediterranean-inspired](#) medley of orzo pasta, green peas, bell pepper, and pine nuts. The Italian flair is taken a step further by topping each eye-catching appetizer with a dollop of homemade pesto fluff, which adds a scrumptiously creamy component. The secret to the pesto garnish is blending [basil](#) leaves with nutrient-dense cannellini beans, which creates a fluffy texture and gives these snacks extra hunger-busting capabilities. Get ready to wow the crowd at your next plant-based soirée with these vegan and oil-free stuffed tomatoes!

For more unique tomato recipes, check out these tasty ideas:

- [Air-Fried Green Tomatoes](#)
- [Tomato Tamarind Chutney](#)
- [Roasted Red Pepper and Tomato Bisque for Two](#)
- [Cherry Tomato Bruschetta Tartines](#)

By Darshana Thacker Wendel

- 1 In a small saucepan bring 2 cups water to boiling. Add orzo and stir well. Cook over medium-high 10 minutes, adding peas the last 2 minutes of cooking. Drain; rinse with cold water. Drain well.
- 2 Transfer orzo and peas to a medium bowl. Add pine nuts, ½ cup of the basil, the onion, bell pepper, half of the garlic, and the vinegar; mix well. Season with salt and black pepper
- 3 For pesto fluff, in a blender combine the remaining basil and garlic, the beans, and ½ cup water. Cover and blend until smooth; season with salt and pepper. Transfer mixture to a piping bag or resealable plastic bag (snip off a small corner of plastic bag when ready to use).
- 4 Slice off the top of each tomato. Cut a thin slice off the bottom of each tomato to create a flat base so tomatoes stand upright. Use a melon baller to scoop out and discard seeds. Fill tomatoes with orzo mixture and top with pesto fluff. Serve chilled or at room temperature.