

## Dainty Stuffed Tomato Bites

A diabetic-friendly recipe

### Ingredients:

- 10 cherry tomatoes, halved, seeds and flesh removed
- 1/2 cup garlic-herb cheese spread
- 1/4 cup chopped parsley



### Directions

1. Set the prepared tomato halves onto a serving dish, cut side up.
2. Fill each tomato half with 1 teaspoon of the cheese spread and sprinkle each evenly with parsley.
3. Cover and chill until ready to serve.

*Makes 5 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*