**ORIGINAL RECIPE**

### Ingredients:
- 4 large tomatoes
- ½ cup chopped Vidalia onion
- ¼ cup freshly chopped basil
- 1/3 cup freshly chopped flat-leaf parsley
- ½ tsp salt
- ½ tsp pepper
- 1 (16-ounce) can Cannellini beans, drained and rinsed
- 8 sun-dried tomatoes, chopped
- ¼ cup olive oil
- Juice of 2 lemons

### Directions:
1. Cut tomatoes in half and scoop out the insides.
2. Combine beans, onion, sun-dried tomatoes, basil, parsley, olive oil, vinegar and lemon juice. Spoon mixture equally into each tomato half.

### Original Analysis per Serving:
- Calories (kcal): 130
- Total Fat (g): 7
  - Saturated Fat (g): 1
  - Trans Fat (g): 0
- Cholesterol (mg): 0
- Sodium (mg): 310
- Carbohydrate (g): 13
  - Dietary Fiber (g): 3
  - Sugars (g): 3
- Protein (g): 4
  - Vitamin A: 20%
  - Calcium: 4%
  - Vitamin C: 35%
  - Iron: 8%

### Things to Consider:
- Reducing the salt from ½ teaspoon to ¼ teaspoon reduces the sodium content by 40 milligrams.
- Substituting the Vidalia onion with red onion offers a higher nutrient density, considering the more color a vegetable possesses means a higher phytonutrient content.
- Decreasing the olive oil from ¼ cup to 2 tablespoons changes the total fat from 7 grams to 3.5 grams.
- Adding balsamic vinegar makes up for the flavor lost with the salt reduction.

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**MODIFIED RECIPE**

### Ingredients:
- 4 large tomatoes
- ½ cup chopped red onion
- ¼ cup freshly chopped basil
- 1/3 cup freshly chopped flat-leaf parsley
- ¼ tsp salt
- ¼ tsp pepper
- 1 (16-ounce) can Cannellini beans, drained and rinsed
- ¼ cup chopped sun-dried tomatoes
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 lemon, juiced

### Directions:
1. Cut tomatoes in half and scoop out the insides.
2. Combine beans, onion, sun-dried tomatoes, basil, parsley, olive oil, vinegar and lemon juice. Spoon mixture equally into each tomato half.

### Modified Analysis per Serving:
- Calories (kcal): 110
- Total Fat (g): 3.5
  - Saturated Fat (g): 0.5
  - Trans Fat (g): 0
- Cholesterol (mg): 0
- Sodium (mg): 270
- Carbohydrate (g): 14
  - Dietary Fiber (g): 4
  - Sugars (g): 4
- Protein (g): 4
  - Vitamin A: 15%
  - Calcium: 4%
  - Vitamin C: 30%
  - Iron: 8%