

CHEF & CHILD FOUNDATION RECIPE COLLECTION

TOMATO AND BEAN CUPS

Vince Blancato
ACF Tampa Bay Culinary Association

**SERVINGS
PER RECIPE: 8**



ORIGINAL RECIPE

Ingredients:

4 large tomatoes
½ cup chopped Vidalia onion
¼ cup freshly chopped basil
⅓ 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. Serve at room temperature.

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 possess 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.

MODIFIED RECIPE

4 large tomatoes
½ cup chopped red onion
¼ cup freshly chopped basil
⅓ 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. Serve at room temperature..

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%

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.



CHEF & CHILD
foundation
AMERICAN CULINARY
FEDERATION

