



A traditional Greek dish

by

Ioanna Papageorgiou

Athina Xidi

Evdoxia Papapetrou

GEMISTA



INGREDIENTS

- 3 large ripe tomatoes
- 1 bell pepper
 - 1 zucchini
 - 1 eggplant
 - 3 potatoes
- 2 tablespoons of olive oil
- a glass of tomato juice
- 1 small onion, finely chopped
- 80g long grain rice
- 15g of parsley finely shredded,
 - salt and pepper
 - a pinch of sugar

Preparation of the Stuffed tomatoes

- Cut a 2cm thick slice off the top of each tomato. Do the same with the pepper, the zucchini and the eggplant. Scoop out their pulp with a teaspoon into a bowl .



- In the bowl add the chopped onion, the rice, salt and pepper, a pinch of sugar and the olive oil.
- Then add the parsley .
- Stir well.



- Preheat the oven to 180°C fan.



- Put the hollowed out tomatoes, peppers, eggplants and zucchinis into a slightly oiled baking dish and fill them with the rice mixture. Replace their tops.



- Peel and cut potatoes in slices and arrange them between the stuffed veggies.



- Bake in the oven for 45-50 minutes, until the tomatoes and veggies are tender and the rice is cooked through. Add some water for the baking.



- Serve with feta cheese and bread.

