

## ***Cherry Tomatoes Stuffed with Potato, Cheese, & Herbs***

*This is a cheerful and tasty dish for a holiday party. You can always substitute mashed cauliflower for the potato to make this dish more glycemic friendly.*

**Prep Time:** 30 Minutes

**Makes:** 20 Bite-size Appetizers

### **Ingredients:**

1 small Russet potato  
1 teaspoon virgin olive oil  
1 teaspoon Italian herb seasoning  
½ small white onion minced  
½ teaspoon sea salt  
20 medium cherry tomatoes  
2 tablespoons parmesan cheese, finely grated  
4 tablespoons Italian parsley, finely chopped  
1 bunch chives, cut into 1-inch pieces

### **Directions:**

Peel and cube potato. Boil until very soft. Mash or whip in a food processor.

Meanwhile heat a skillet over medium heat and add oil. Add onion and salt. Sauté 3-4 minutes until onion turns yellow. Add herbs and heat 1 minute. Set aside.

Slice a sliver off the bottom of each cherry tomato to form a flat base. Slice off the top third of the tomato. Set base and top aside. Repeat this process with each tomato.

Combine potato, sautéed onion, and grated cheese. Spoon or pipe 1/2 teaspoon filling over each tomato base and cover with top hat. Garnish with herbs.

Arrange on a serving plate. Garnish plate with remaining chives and a few sprigs of parsley.

Enjoy!

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