

# Winning recipe of the competition

## "And you? How do you cook your vegetables?"



## Baked tomatoes with eggs and mushrooms



### Kamatis' recipe



**190°C**  
**15 minutes**

#### Ingredients:

- 3 tomatoes
- 2 tablespoon of mushroom
- 2 eggs
- 1 tablespoon of olive oil
- Salt, pepper and other spices
- Optional: chesse and bacon

#### Instructions:

1. Clean the tomatoes. Cut off the top of the tomatoes. Remove the inside of the tomatoes.
2. Preheat the oven to 190C°.
3. Place the tomatoes in an ovenproof dish and drizzle with the olive oil.
4. Beat the eggs and add the chopped mushrooms (or vegetables of your choice). Add salt, pepper and spices such as paprika or garlic.
5. Add grated cheese to the mixture.
6. Fill the tomatoes with the egg mixture.
7. Cook the tomatoes until they are soft and the egg mixture is cooked, about 15 minutes.
8. Garnish with cooked bacon. Serve.

**h e d s**

Haute école de santé  
Genève  
Filière Nutrition et diététique

**partage**  
La banque alimentaire genevoise

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