



## ***PlumFresh Harvest Subscription***

**Season 8, Week 15  
Wednesday, September 20, 2023**

Thank you for indulging our visit with Ray's brother and sister-in-law last week. We had a delightful – but quick – visit! Since they had never seen the farm before, they were pretty amazed at what we do – plus they got to take home a nice haul of veggies to boot! Marcie complains that she cannot get a decent tomato there.

This week's bag has a special treat. We are SO excited to bring you some delicious apples from [Levering Orchard](#) in Ararat, Virginia. This 115-year-old orchard is run by the third generation of the Levering family and boasts more than 70 acres of fruit trees. A great thing about Frank Levering is his commitment to use a low spray approach to growing fruit. Orchards are notoriously high in their use of pesticides and fungicides – typically fruit is sprayed 12-15 times. Growing fruit can be very challenging in the conditions found in the Southeast – higher humidity creates more disease and pest issues than what is found in the Northwest. Frank, although not Organic, sprayed these apples only TWICE during the growing season. He says that his fellow growers look at him with disdain! His apples have a few more spots and cosmetic blemishes than your grocery store varieties but you can feel better about eating less chemicals. The apples are truly delicious! We will be getting apples from Levering two more times this fall.

A couple of other items in this week's bag deserve a special shout-out! The **Sweet Potato Greens** may be a new thing for you. Thanks for trying them! They are a very nutritious and delicious part of the sweet potato plant (the tubers will be ready in about 3 weeks!) The edible leaves and stem tips of sweet potato vines are well known in many parts of the world. According to Texas Cooperative Extension, sweet potato foliage has a rich protein content that helps supplement the nutritional value of the roots and is often considered a "poor man's food." Some research has shown that the leaves are more nutritious than spinach, celery, carrots and cucumbers when it comes to vitamin B, iron, zinc, protein, antioxidants, and calcium. They supposedly enhance immune function, boost metabolism, lower blood sugar, improve eyesight, and act as an anti-inflammatory. Give them a try with the recipes below – they may become one of your new favorite greens! And what a nutritional powerhouse!

The other new item is the **Aji Dulce Spice Pepper**. This Caribbean pepper has the same shape, size, color and aroma as Habanero, but is sweet, spicy, and delicious, with only a trace of heat. Highly aromatic fruits; their flavor is unusual and complex, with overtones of black pepper and coriander, and undertones of other spicy flavors. An excellent choice for sautéed vegetables, rice and bean dishes, paprika, or herbal vinegars. We had them sautéed with onions, and black beans over rice the other night and it was delicious – and easy!

Our **Snacking Cucumber** crop is starting to produce (3rd time's the charm!) and we were able to get have enough so that everyone could have a couple. The "net house" we installed around the plants is doing a nice job at keeping out the pests so that we can have some pretty good production.

Other coming attractions include a new crop of lettuce, Asian greens, green chile, poblano peppers, hot peppers, radishes (salad and Daikon) and sweet potatoes. We planted a LOT of sweet potatoes back in June and they are about 3 weeks out. Start getting your tastebuds ready for the plethora of ways to prepare them! They are truly one of my favorite foods!

Here's what you'll find in this week's bag.

- Apples – *Spartan from Levering Orchard*
- Elephant Garlic
- Fingerling Potatoes – *LaRatte*
- Aji Dulce Spice Peppers
- Slicer Tomatoes – *Mix of Heirloom and Hyloom tomatoes*
- Snacking Cucumbers – *Picolino*

#### Regular Bags

- Eggplant – *Annina and Rosa Bianca*
- Sweet Potato Greens
- Tomato Fruit Box – *Mix of cherry and grape tomatoes including Valentine, Red Pearl, Cherry Blossom, Chocolate Drop, Citrine, Jasper, Lollipop, Sweet Golden Grape*

#### Add/Sub Items:

- Beets – *Boro and Touchstone Gold*
- Celery -- *Tango*
- Farmstead Chevre from Buffalo Creek Farm and Creamery
- Figs – *Loiusiana*
- Garlic Chives
- Garlic: *Farmers Choice*
- Creamer Potatoes
- Potatoes – *Fingerling, German Butterball, Nicola, Norwiss*
- Hot Peppers – *Jalapeño, Serrano*
- Shishito Peppers
- Sweet Italian Peppers – *Carmen and Escamillo*
- Sweet Peppers – *Lunchbox/Picnic Mix*
- Sweet Peppers - *Jimmy Nardello Sweet Italian*

#### Storage Tips

- Please make sure that you always wash all of your produce – while we wash many of our products (but not all) and we don't use chemical pesticides, there may be field dirt or other residue. And yes, you may even find a bug (or slug!) in your veggies! Please wash your veggies and fruit before eating.
- **Store apples** in the refrigerator in a plastic bag. They are odor-absorbent, so keep them away from onions, potatoes and other strong-flavored items.
- **Snacking Cucumbers** should be stored in a plastic bag in the crisper drawer.
- **Sweet Potato Greens** should be stored in their plastic bag in the refrigerator.
- **Garlic** is best stored in a cool dark place or in a bowl on the counter (away from the sun). Do not store in the refrigerator!
- **Potatoes** should be stored in a paper bag (not plastic) in a cool, dark place away from onions. Don't store them in the refrigerator! LaRatte Fingerlings are very susceptible to greening so make sure they are in a dark place.
- **Tomatoes** belong on the kitchen counter. Do not refrigerate!
- **Beets and Peppers** store best in plastic bags in the crisper drawer.
- **Eggplant** should be stored loose in the middle of your refrigerator – not the crisper. It will keep for 1-2 weeks.

Please enjoy this week's adventure in fresh, Organic and local food!



# Recipes

## STIR-FRIED SWEET POTATO LEAVES

Source: The Woks of Life at <https://thewoksoflife.com/2018/01/yam-leaves/>

**Prep time** 30 mins **Cook time** 5 mins **Total time** 35 mins **Serves:** 4-6

*Source Note: Sweet potato leaves are an under-rated vegetable that you can find at more and more Asian grocery stores these days. Here's how to prepare them.*

### Ingredients

- 1 pound sweet potato leaves (Note: you have about 2/3 lb of just the leaves and stem, not the vine so you have enough for the full recipe)
- 3 tablespoons vegetable oil
- 3 cloves garlic, smashed and chopped
- 2 slices ginger, julienned
- 1 teaspoon sesame oil
- 1 teaspoon Shaoxing wine (optional)
- ¼ teaspoon ground white pepper
- 2 tablespoons water
- Salt, to taste
- A pinch of sugar

### Instructions

1. Pinch off each leaf, including the stem, from the main stalk and any other tender parts of the vegetables. Wash and rinse thoroughly a couple of times and set aside to drain off any excess water before cooking.
2. Heat the oil in a wok over medium heat. Add the garlic and ginger and cook for about a minute. Now turn the heat to high and add in the sweet potato leaves.
3. Stir and add in the sesame oil, Shaoxing wine (optional), ground white pepper, water, salt (to taste) and a pinch of sugar. Stir to cook for a couple of minutes until all the leaves are wilted. Serve immediately.

## SWEET POTATO GREENS CHIPS

*I saw a post from Debbie Roos, the Extension Agent in Chatham County, about the Sweet Potato Greens Chips that she made last week. I am so glad someone asked her for the recipe! Delicious!*

From Debbie Roos: Someone asked how I made these. It's so easy! First preheat the oven to 400°. Then wash and dry the leaves. Put them in a big bowl and drizzle a little olive oil over them and lightly mix with your hand to coat the leaves. Spread in a single layer on a baking sheet and lightly sprinkle with salt. Bake for a few minutes, checking often. It doesn't take long for them to crisp up. I bake them in several batches since they are in a single layer.



## **SWEET AND SAVORY SWEET POTATO LEAVES**

[Sweet and Savory Sweet Potato Leaves \(coonrockfarm.com\)](http://coonrockfarm.com)

- 8 cups de-stemmed, torn and rinsed sweet potato leaves
- 1 tablespoons olive oil
- 1/2 small yellow onion, diced
- 1/2 tablespoon Dijon mustard
- 2 teaspoons sugar
- 1/2 tablespoon cider vinegar
- 3/4 cup vegetable or chicken stock
- 2 tablespoons dried cranberries
- 2 tablespoons crushed pecans
- 1/2 teaspoon minced garlic

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 min. Stir in the mustard, sugar, vinegar, and chicken stock and bring to a boil over high heat. Stir in the sweet potato leaves, cover and cook 5 min until wilted. Stir in the cranberries and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 min. Season to taste with pepper. Sprinkle with pecans before serving.

## **PUERTO RICAN-STYLE AJÍ DULCE SAUCE (AJILIMÓJILI)**

Makes about 2 1/4 cups

Epicurious | October 2013

by Maricel Presilla, *Gran Cocina Latina: The Food of Latin America*

### **Ingredients**

- 12 Caribbean sweet peppers (ají dulces)
- 1 cubanelle pepper, seeded and coarsely chopped
- 1/2 jalapeño, Scotch Bonnet or habanero chile, seeded
- 7 garlic cloves, peeled
- 1 small yellow onion (about 5 ounces), coarsely chopped (about 1/2-2/3 cup)
- 1 cup extra-virgin olive oil
- 1/3 cup distilled white vinegar
- 1 bunch cilantro, leaves stripped from stems (about 2 cups)
- 1 teaspoon salt, or to taste
- 1/2 teaspoon dried oregano (optional)
- 1/4 teaspoon ground cumin

Combine all the ingredients in a food processor or blender and process to a coarse emerald-green sauce. The sauce will keep in the refrigerator, tightly covered, for 2 to 3 days. Use on chicken, pork, as a condiment for a burger, with chips, on a spoon, ....

**Source Information** Reprinted with permission from [Gran Cocina Latina: The Food of Latin America](http://GranCocinaLatina.com) by Maricel Presilla, © 2012 Norton Epicurious.com © Condé Nast Digital, Inc. All rights reserved.

# Apple Muffins

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Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Serves 12

These cinnamon apple muffins are moist, tender, and bursting with spiced apple flavor. We love them with the crumble topping and glaze, but they're also delicious without any topping if you prefer a less sweet breakfast treat.

## Ingredients

### Crumble Topping

- ½ cup all-purpose flour, spooned and leveled
- ½ cup brown sugar
- ¼ teaspoon cinnamon
- ¼ cup soft coconut oil

### For the Muffins

- ¾ cup plus 2 tablespoons all-purpose flour, spooned and leveled
- ¾ cup whole wheat flour, spooned and leveled
- ½ cup plus 2 tablespoons almond flour, spooned and leveled
- 1 tablespoon baking powder
- 2 teaspoons apple pie spice
- ½ teaspoon sea salt
- ½ cup unsweetened almond milk
- ½ cup unsweetened applesauce
- ½ cup cane sugar
- ¼ cup avocado oil, or another neutral oil
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups peeled and diced apple

### For the Glaze

- ¾ cup powdered sugar
- 1 to 1½ tablespoons unsweetened almond milk

## Instructions

1. Preheat the oven to 400°F and grease a 12-cup muffin tin.
2. Make the crumble topping: In a medium bowl, whisk together the flour, brown sugar, and cinnamon. Add the coconut oil and use a

spatula to combine. Mix just until there is no dry flour remaining and the mixture is crumbly. Don't overmix.

3. Make the muffins: In a large bowl, whisk together the all-purpose, whole wheat, and almond flours, baking powder, apple pie spice, and salt.
4. In a medium bowl, vigorously whisk together the almond milk, applesauce, sugar, avocado oil, eggs, and vanilla.
5. Pour the wet ingredients into the dry ingredients and stir to combine. Gently fold in the apple. Use a ⅓-cup measuring cup to scoop the batter into the prepared muffin cups. Sprinkle the crumble topping on top. Bake for 17 to 22 minutes, or until a toothpick inserted comes out clean. Let cool for 10 minutes, then transfer to a wire rack to cool completely.
6. Make the glaze: In a small bowl, whisk together the powdered sugar and 1 tablespoon almond milk until smooth. If the glaze is too thick, add more almond milk, 1 teaspoon at a time, until it reaches a drizzleable consistency. Drizzle over the cooled muffins.

## APPLE CRUMBLE

Source: — Paul Anater, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 8 to 10

### Apple Mixture

- 5 to 6 medium apples, peeled, cored, and sliced
- (about 8 to 10 cups)
- 1 cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ cup water

### Topping

- 1 cup rolled oats
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup (1 stick) butter, melted

1. Preheat the oven to 350°F.
2. In a large bowl, prepare the apple mixture by combining the prepared apples, white sugar, flour, cinnamon, and salt. Let it sit for about 5 minutes to allow the apples to sweat and the flavors to combine. Place the apple mixture in a 9-by-13-inch pan, and pour the water over the apple mixture.
3. To make the topping, combine the oats, flour, brown sugar, baking powder, baking soda, and melted butter. Work this mixture together with a fork until it comes to a uniform, crumbly consistency. Sprinkle the topping evenly over the apple mixture.
4. Bake for about 45 minutes. The fruit should be bubbling and the topping browned. Let cool (to allow it to set up) before serving.



# One Pot Eggplant Parmesan Orzo

**PREP TIME**

10 minutes

**COOK TIME**

20 minutes

**TOTAL TIME**

30 minutes

## Ingredients

- 3 tbsp olive oil, divided
- 1 medium eggplant, cut into large cubes
- 3 garlic cloves, minced
- 1 shallot, finely chopped
- 1 tsp black pepper, more for serving
- ½ tbsp chopped fresh thyme leaves, more for serving
- 1 tbsp low sodium soy sauce
- 12 ounces/350 g orzo
- 3 ¾ cups/900 ml chicken broth
- 3 tbsp tomato paste
- 4 ounces/120 g sun-dried tomatoes, drained
- 2 tbsp lemon juice
- 2.5 ounces/70 g grated Parmesan
- chili flakes, for serving

This recipe comes highly recommended from PlumFresh member, Janie Hughes.

Recipe intro: *One pot eggplant parmesan orzo. This one could very well become your new favorite stress-free weeknight dinner. There's so much to love here! Bright flavors, sweet sun-dried tomatoes, hearty sautéed eggplant and silky parmesan orzo. Quick, easy and so delicious!*

Source: [One Pot Eggplant Parmesan Orzo - Serving Dumplings](#)

## Instructions

1. Get your prep done before you start cooking. Chop the thyme leaves, mince the garlic, finely chop the shallot. Cut eggplant into cubes. Chop the sun-dried tomatoes.
2. Add oil to a large high-sided/thick-bottomed skillet. Heat over medium, add eggplant. Cook until it starts to brown, about 2 minutes. Then add the remaining oil, cook until the eggplant starts to soften, about 3 minutes. Add garlic and shallot, sauté for 2 minutes. Stir in pepper, thyme and soy sauce. Add orzo, stir to combine.
3. Pour in half of the chicken broth, and add tomato paste. Stir until dissolved. Then add sun-dried tomatoes and the remaining broth. Bring to a boil.
4. Reduce heat to low and simmer for 10-15 minutes or until the orzo is al dente. Stir occasionally to prevent orzo from sticking to the bottom of the skillet.
5. When ready, add lemon juice and Parmesan. Stir until silky. Top with freshly ground black pepper, chili flakes and some extra fresh thyme. Enjoy!

## Notes

Calories Per Serving: 452 kcal Nutritional information is only an estimate. The accuracy of the nutritional information for any recipe on this site is not guaranteed.

## ANOTHER WAY TO LOVE EGGPLANT Source: From Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Here's a salty, savory, simple dish: Heat a preferred oil in a saucepan until hot (peanut or vegetable are good choices). Add eggplant that has been cut into 1-inch chunks, and brown them on each side. Then add garlic, shallots, and tamari or soy sauce. Top with chopped green onions and serve hot or cold.

## LENTIL AND ORZO STEW WITH ROASTED EGGPLANT

Source: Yewande Komolafe in NYT Cooking (<https://cooking.nytimes.com/recipes/1019860-lentil-and-orzo-stew-with-roasted-eggplant>)

• **YIELD:** 4 servings

**TIME:** 45 minutes to 1 hour

*Cheryl note: I am so glad that eggplant is starting to kick into gear because I have been wanting to make this recipe since last Fall. It is SO Good! This recipe has become my absolute favorite! I think I could eat this every day! And leftovers are wonderful too -- just add more eggplant. Coriander is the perfect spice -- not something I would have considered. And the lemon juice and zest really are essential and makes the flavors pop.*

*Source note: For rich, golden cubes of roasted eggplant, a high-temperature oven is crucial. Here, lentils and pasta make for a hearty stew, and the coriander seeds introduce a robust, clean flavor. Use a mortar and pestle, a spice grinder or the base of a wine bottle to crush the seeds, opening them up before they're tossed with the eggplant. Serve this stew warm or hot, topped with an aged, salty cheese like ricotta salata or feta, and a soft-poached egg if you like. The lemon zest and juice are essential and enhance the finish.*

- 1 ½ pounds eggplant (2 small or 1 large, skin on, or peeled, if desired), chopped into 1-inch pieces
  - ¼ cup plus 2 tablespoons olive oil
  - 1 tablespoon coriander seeds, crushed
  - Kosher salt and black pepper
  - 1 medium carrot, finely chopped
  - 1 medium yellow onion, finely chopped
  - 2 celery stalks, finely chopped
  - 3 garlic cloves, finely chopped
  - 1 tablespoon tomato paste (Note: I used more)
  - 1 cup dried lentils (green, black or brown)
  - 5 cups chicken or vegetable stock, or water
  - ½ cup orzo or other small pasta, such as ditalini, stelline or macaroni
  - Zest and juice from 1 lemon, plus 4 lemon wedges for garnish
  - ¼ cup shaved ricotta salata or crumbled feta
1. Heat the oven to 425 degrees. In a large bowl, toss the eggplant with 1/4 cup olive oil and crushed coriander seeds until coated; season with salt and pepper. Arrange in an even layer on a large rimmed baking sheet and roast until eggplant is tender and golden brown, 25 to 30 minutes, giving the baking sheet a shake halfway through roasting to toss the eggplant pieces for even cooking.
  2. In a large skillet, heat the remaining 2 tablespoons oil over medium. Add the carrot, onion and celery. Season with salt and pepper. Cook, stirring frequently, until vegetables are softened, about 3 minutes.
  3. Stir in the garlic and tomato paste and cook, stirring occasionally, until tomato paste begins to darken on the bottom of the pan, about 5 minutes.
  4. Stir in the lentils until coated. Pour in stock or water and bring to a boil over high heat. Lower to medium and simmer until lentils are tender, 20 to 30 minutes, depending on the type and age of lentils you use.
  5. Stir in the orzo and cook until softened, 8 to 10 minutes. Remove from heat and stir in the lemon zest and juice.
  6. Season to taste with salt and pepper. Top with the roasted eggplant pieces and large shavings of ricotta salata, and serve with lemon wedges for squeezing.



From New York Times Cooking: [Pasta With Fresh Tomatoes and Goat Cheese Recipe - NYT Cooking \(nytimes.com\)](https://cooking.nytimes.com/recipes/1020290-one-pot-pasta-with-ricotta-and-lemon)

*PGF Note: This is very similar to our "Go To Pasta" but I am looking forward to trying this recipe using goat cheese instead of ricotta.*

## Pasta With Fresh Tomatoes and Goat Cheese

By Ali Slagle

Time 25 minutes

Rating 4 ★★★★★ (515)

This pasta's sauce comes together using the same trifecta found in lemon-ricotta pasta (<https://cooking.nytimes.com/recipes/1020290-one-pot-pasta-with-ricotta-and-lemon>): a juicy fruit, a creamy cheese and a salty cheese. This recipe makes good use of those summer tomatoes with juices just barely contained by their thin skins. The creamy cheese is goat cheese, whose tang balances the sweetness of the tomatoes. Parmesan adds salty depth, while herbs and red-pepper flakes complete the dish. For a more filling pasta, feel free to add shrimp, corn or green beans to the boiling pasta in the last few minutes of cooking.

### Ingredients

**Yield: 4 servings**

Kosher salt

2 pounds very ripe tomatoes, coarsely chopped

1 teaspoon fresh thyme or oregano leaves

½ teaspoon red-pepper flakes, plus more as needed

2 ounces Parmesan cheese, coarsely grated, plus more as needed

1 pound fusilli or another spiral pasta

1 (4-ounce) log goat cheese, crumbled

### Preparation

**Step 1**

Bring a large pot of salted water to a boil.

**Step 2**

Meanwhile, in a large bowl, combine the tomatoes, thyme, red-pepper flakes and ½ teaspoon salt. Mash with a fork or potato masher until tomatoes are juicy. Stir in the Parmesan. Set aside while the pasta cooks, or up to 2 hours at room temperature.

**Step 3**

Add the pasta to the boiling water and cook according to package instructions until al dente. Reserve ½ cup pasta cooking water, then drain the pasta.

**Step 4**

To the bowl of tomatoes, add the goat cheese and 2 tablespoons of the reserved pasta cooking water. Stir until the cheese is mostly melted. Add the pasta and stir vigorously until the noodles are well coated. Add more pasta water as needed until the sauce coats the noodles. Season to taste with additional Parmesan and red-pepper flakes.



## rice-stuffed tomatoes

### Rice-Stuffed Tomatoes [Pomodori Ripieni di Riso]

Adapted from a blend of *Rachel Eats*, *Wednesday Chef*, *Silver Spoon* and trial and error

As I mentioned above, you could deck these out with any number of compatible ingredients — crisped bits of prosciutto, mozzarella or pecorino cheese, olives or artichokes and more! Even I couldn't resist straying from the pure tomato-rice-and-seasonings course with a clove of garlic and few tablespoons of minced onion, as well as a starchier risotto variety of rice. But I'm telling you, it needs none of these things to be late summer dinner bliss. The rice cooks inside the most clear-noted, pure tomato sauce you've ever scooped onto a fork and I want August to always taste like this.

Serves 6 as a side and 3 as a main. We had these with sausages, but they'd be equally good with last week's *kale salad* and/or some salumi. Or, you can do this, which is the way it is done in Rome: Peel and cube a few Yukon gold potatoes, toss them with olive oil, salt and pepper. Arrange them in the baking dish around the tomatoes and bake them simultaneously. This not only keeps the tomatoes upright, it provides a delicious accompaniment.

2 to 3 tablespoons olive oil

Coarse or Kosher salt

6 medium-to-large (mine were 3 inches across, averaged 8 1/4 ounces in weight) tomatoes

Red pepper flakes, to taste

1/4 medium or 1/2 small onion, finely chopped

1 garlic clove, minced

9 tablespoons arborio or another short-grained starchy rice

Few tablespoons chopped parsley, oregano or slivered basil (or mix thereof)

Handful breadcrumbs, if using (unless using gluten-free breadcrumbs, this will of course negate the dish's gluten-free status)

Heat oven to 350 degrees. Lightly coat an ovenproof baking dish with olive oil.

Prepare tomatoes: Cut the tops off the tomatoes and scoop out tomato juices, seeds and flesh into a non-reactive (i.e. just about anything but aluminum) bowl. I like to use a grapefruit knife to make the first cuts, then a spoon to remove the rest, but you can use anything you have around, being careful not to pierce the bottom of the tomatoes. Salt the cavities of the tomatoes and turn them upside down on a plate to drain.

Prepare reserve: Run scooped-out tomato flesh and juices through a food mill or pulse in a blender until coarsely pureed. Heat a large skillet over medium heat, then add 2 tablespoons olive oil, heating it too. Once hot, add onion, garlic and red pepper flakes, cooking them together for 2 minutes, or until onion begins to soften. Add rice and cook them together for about 3 minutes, or until rice toasts a little. Add tomato puree and bring to a simmer, then reduce heat to medium-low. Season with 3/4 teaspoon salt, then cover skillet with a lid, and let simmer for 10 to 15 minutes, stirring occasionally, until rice is par-cooked. Adjust seasoning if needed.

Reassemble tomatoes: Stir fresh herbs into tomato-rice mixture. Arrange tomatoes right-side-up in baking pan then spoon mixture into tomatoes, filling them just 7/8 of the way to leave room for the rice to finish expanding. Coat with breadcrumbs that you can drizzle lightly with olive oil, if using, or you can replace the tomato lid on each (though, do not spend 10 minutes trying to match them back up, as I did last summer. It's pointless.)

Bake: Uncovered for 30 minutes, until tomato walls are soft and the rice inside has finished cooking. Serve hot. Repeat again tomorrow.