



GREECE

DINNER

PRINTABLE RECIPE PDF

Greek Gemista

Gemista, meaning 'filled' in Greek, is a beloved traditional dish consisting of tomatoes, peppers, and other vegetables stuffed with a flavorful rice and herb

PREP

30 min

COOK

60 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 4 medium tomatoes - hollowed out for stuffing
- 4 medium bell peppers - tops removed and seeds discarded
- 1 cup rice - short-grain or medium-grain
- 1 medium onion - finely chopped
- 3 cloves garlic - minced
- 1 cup parsley - fresh, chopped
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup olive oil - plus extra for drizzling
- 2 cups water - for cooking the rice
- 1 tablespoon lemon juice - for added flavor

WHY THIS WORKS

About this recipe

A printable Greek Gemista recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Gemista, meaning 'filled' in Greek, is a beloved traditional dish consisting of tomatoes, peppers, and other vegetables stuffed with a flavorful rice and herb mixture. This dish often symbolizes the bounty of summer and is commonly

ORIGIN & TRADITION

Mediterranean context

Gemista, meaning 'filled' in Greek, is a beloved traditional dish consisting of tomatoes, peppers, and other vegetables stuffed with a flavorful rice and herb mixture. This dish often symbolizes the bounty of summer and is commonly served during family gatherings and festive occasions, showcasing the Greek tradition of using fresh local produce.

METHOD

Step-by-step instructions

1

Preheat the oven to 375°F (190°C). Start by preparing the vegetables. Cut the tops off the tomatoes and bell peppers, and scoop out the insides with a spoon. Reserve the insides of the tomatoes for the filling.

2

In a medium saucepan, heat the olive oil over medium heat. Add the chopped onion and garlic, sautéing until they are soft and translucent. Then, add the rice and stir for about 2 minutes to toast it lightly. Pour in the reserved tomato flesh, water, oregano, salt, and pepper. Bring to a boil, then reduce heat and simmer for about 15 minutes until the rice is just tender. Stir in the parsley and lemon juice.

3

Carefully stuff the hollowed tomatoes and peppers with the rice mixture, pressing it down gently. Place the stuffed vegetables in a baking dish, and drizzle with additional olive oil. Add a splash of water to the bottom of the dish to help with steaming.

4

Cover the dish with aluminum foil and bake for 40-45 minutes, removing the foil for the last 10 minutes of cooking to allow the tops to brown slightly.

CHEF'S TIP

For a deeper flavor, consider adding some finely chopped nuts or raisins to the rice mixture for a unique twist on the classic Gemista.

NUTRITION PER SERVING (EST.)

Calories	300 kcal	Fat	10 g
Protein	6 g	Fiber	5 g
Carbohydrates	45 g	Sodium	400 mg

SERVING SUGGESTION

Serve warm with a drizzle of olive oil and a side of Greek yogurt or a fresh salad.

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