

## Broiled Tomatoes Parmesan

**Makes 4 servings**

**Serving Size: ½ tomato**

### Ingredients:

- 2 medium ripe tomatoes (12 to 14 ounces total)
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 1 Tablespoon minced fresh basil, or 1 teaspoon dried basil
- ¼ teaspoon freshly ground pepper
- ½ cup fresh soft bread crumbs, or 1 slice of bread, crumbled
- 1 tablespoon freshly ground Parmesan cheese (preferably imported)

### Directions:

1. Cut the tomatoes in half crosswise. Gently squeeze out and discard seeds. Place the tomatoes cut side up on a broiler pan prepared with nonstick pan spray.
2. Combine the garlic, oil, basil, and pepper in a small bowl. Brush evenly over the cut surfaces of the tomatoes.
3. Broil 6 inches from the heat source until hot, about 5 minutes.
4. While the tomatoes are broiling, combine the crumbs and cheese in a small bowl; sprinkle evenly over the tops of the hot tomatoes. Return to the broiler until the crumbs are browned, about 2 minutes. Serve immediately.

### Nutrition Facts:

Calories: 60  
Cholesterol: 1 mg  
Fat: 3 g  
Saturated Fat: 12 g  
Carbohydrates: 7 g  
Protein: 2 g  
Dietary Fiber: 1 g