



Broiled Tomatoes Parmesan

Makes 4 (1/2 tomato) Servings

Ingredients:

2 (6-7 oz.) medium ripe tomatoes
Non-stick spray
1 clove garlic, minced
2 tsp. olive oil
1 tbsp. minced fresh basil or 1 tsp. dried basil
1/4 tsp. freshly ground pepper
1/2 cup fresh soft bread crumbs, or 1 slice of bread, crumbled
1 tsp. freshly ground Parmesan cheese

Directions:

1. Cut tomatoes in half. Gently squeeze out and discard seeds. Place tomatoes cut side up on a broiler pan prepared with non-stick pan spray.
2. Combine 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 tomatoes are broiling, combine crumbs and cheese in a small bowl; sprinkle evenly over hot tomatoes.
5. Return to broiler until crumbs are browned, about 2 minutes. Serve immediately.

Nutrition Facts:

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

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