



Baked Parmesan Tomatoes

Makes 4 servings

Ingredients

4 tomatoes, halved horizontally
1/4 cup freshly grated Parmesan cheese
1 teaspoon chopped fresh oregano

1/4 teaspoon salt
Freshly ground pepper, to taste
4 teaspoons extra-virgin olive oil

Instructions

1. Preheat oven to 450 degrees.
2. Place tomatoes cut-side up on a baking sheet.
3. Top with Parmesan, oregano, salt and pepper. Drizzle with oil, and bake until the tomatoes are tender, about 15 minutes.

Nutrition Facts

Serving Size: 1/2 tomato; Calories 91; Total Fat 6g; Saturated Fat 2g; Monounsaturated Fat 4g; Cholesterol 4mg; Sodium 375mg; Total Carbohydrates 23g; Dietary Fiber 2g; Protein 3g; Potassium 363mg

Recipe adapted from www.eatingwell.com

