



## Tomatoes with Crispy Bread Topping

### INGREDIENTS:

4 Roma tomatoes, cored, cut in half lengthwise  
Kosher salt  
Freshly ground black pepper  
½ slice whole wheat bread (to make ¼ c soft crumbs)  
2 T thinly sliced green onion  
1 T chopped fresh thyme  
1 T chopped fresh Italian parsley  
1 t chopped fresh tarragon  
1 T grated Parmesan cheese  
2 t extra virgin olive oil  
1 clove garlic, minced

### PREPARATION:

- Preheat oven to 400°F.
- Sprinkle the cut sides of the tomatoes with kosher salt and pepper.
- Arrange tomatoes, cut sides up, in a shallow baking pan. Set aside.
- In blender or food processor process bread into coarse soft crumbs.
- In a small bowl combine bread crumbs, onions, herbs, Parmesan cheese, olive oil and garlic.
- Sprinkle atop tomato halves.
- Bake, uncovered, for 15 to 20 minutes or until the tomatoes are heated through and the bread crumbs are browned and crisp.

**4 servings**

**Serving size: 1 whole tomato**

**Calories per serving: 71**

**Fat grams per serving: 3**

