



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

