

Broiled Tomato

INGREDIENTS:

2 ea large tomato
1 ea minced garlic clove
2 t olive oil
1 T fresh basil, chopped
¼ t fresh ground pepper
½ C soft bread crumbs
1 T grated parmesan cheese

DIRECTIONS:

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

Makes 4 servings.
Calories: 97/serving

NUTRITIONAL INFORMATION PER SERVING:

3g protein
14g carbohydrates
4g fat
123mg sodium
1mg cholesterol
2g fiber