

BAKED PARMESAN TOMATOES



INGREDIENTS

4 medium whole tomatoes
Red, ripe, raw, year round average
¼ cup grated low-sodium Parmesan cheese
1 teaspoon dried oregano
¼ teaspoon salt
Salt
4 teaspoons olive oil
Dash of black pepper

PREPARATION

Preheat oven to 450 °F.

Halve the tomatoes horizontally. Place tomatoes cut-side up on a baking sheet. Top with parmesan, oregano, salt and pepper. Drizzle with oil.

Bake until the tomatoes are tender, about 15 minutes.

Makes: 4 servings

Nutrition Information:

Calories: 91, Fats: 7g,
Cholesterol: 5mg, Sodium:
156mg, Net carbs: 4g, Fiber:
2g, Sugar: 3g, Protein: 4g

