

Baked Parmesan Tomatoes

- 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

1. Preheat oven to 450° F.

Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Nutrition

Per serving: 91 calories; 6 g fat (2 g sat , 4 g mono); 4 mg cholesterol; 6 g carbohydrates; 3 g protein; 2 g fiber; 375 mg sodium; 363 mg potassium.



Recipes

Broiled Ricotta-Tomato Toasts (may be grilled)

Ingredients

4 slices crusty bread

1/2 cup part-skim ricotta cheese

1/4 cup cherry tomato halves

Extra-virgin olive oil

Salt and freshly ground black pepper to taste

Preparation

- Lightly toast bread. Spread each toast slice with 2 tablespoons ricotta. Scatter cherry tomato halves over the ricotta. Drizzle the toasts with a small amount of extra-virgin olive oil (1/2 teaspoon each), and sprinkle with salt and freshly ground black pepper. Broil or grill 1 to 2 minutes, or until cheese is bubbly.

- **CALORIES 115**
- **FAT 4g** (sat 2g, mono 2g, poly 0.0g)
- **PROTEIN 6g**
- **CARBOHYDRATE 14g**
- **FIBER 1g**
- **CHOLESTEROL 10mg**
- **IRON 1mg**
- **SODIUM 172mg**
- **CALCIUM 111mg**