



Culinary Creations by Willy Wee Water

Parmesan Tomatoes

Ingredients:

8 firm but ripe plum (roma) or beefsteak tomatoes, about 1 ½ pounds total weight
¼ cup of dried bread crumbs, preferably Italian seasoned, or more as needed
2 tbsp grated Parmesan cheese
1 large clove garlic, chopped
1 tbsp chopped fresh parsley
1 tsp chopped fresh basil, thyme, or oregano
1 tsp olive oil
¼ tsp freshly ground pepper
1/8 tsp of salt

Directions:

Preheat oven to 425 degrees F. Lightly coat an 8-inch square baking dish with olive oil cooking spray. Remove a thin slice from the bottom of each tomato so it will stand upright. Slice the tops from the tomatoes and discard. Scoop out about 1 teaspoon of pulp from each tomato and place the pulp in a bowl. Arrange the tomatoes upright in the prepared baking dish. Add the bread crumb, parmesan, garlic, parsley, basil, olive oil, pepper and salt to the bowl with the tomato pulp and stir to combine. The mixture should look like wet sand. If it is too wet, add a few drops of bread crumbs. If it is too dry, add a few drops of water. Gently mound a heaping tablespoon of topping into the cavity of each tomato. Bake until the tomatoes are tender and the topping is lightly golden about 10 minutes. Serve hot.

Makes 4 Servings

Nutrients Per Serving:

59 Calories
3g Protein
134 mg Sodium
2 mg Cholesterol
8g Carbohydrates
2g Fiber
4g Sugars
2g Total Fat
1g Saturated Fat
1g Monounsaturated Fat
1g Polyunsaturated Fat