



HERB-BROILED TOMATOES

July 29, 2009

Serves 8, Serving size is ½ tomato

4 medium tomatoes
¼ cup Parmesan cheese
2 Tbsp dried bread crumbs
2 Tbsp fresh minced parsley
1 tsp dried basil
1 tsp dried oregano
Fresh ground pepper
1 Tbsp olive oil

1. Remove stems from tomatoes and cut in half crosswise.
2. Combine remaining ingredients in a small bowl, and lightly press mixture over cut side of tomato halves.
3. Place tomato halves on a baking sheet, cut side up, and broil about 6 inches from the heat for 3 to 5 minutes or until topping is browned.

Nutrition Facts per serving

Exchanges: 1 Vegetable, ½ Fat

Calories 46, **Calories from Fat** 25, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 3 mg, **Sodium** 38 mg, **Total Carbohydrate** 4 g, **Dietary Fiber** 1 g, **Sugars** 2 g, **Protein** 2 g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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Providing guidance and support to make the "healthy choice the easy choice!"

