

Appetizers

Double Cheese and Tomato Tart

Integrated Marketing Services, Apopka, FL

Servings: 5

Preparation Time: 5 minutes

Cook time: 10 minutes

3 medium tomatoes

1 (10 ounce) whole-wheat pizza crust

1 teaspoon olive oil

1/4 cup fresh basil, thinly sliced and divided

1 cup (4 oz) low-fat mozzarella, shredded

2 tablespoons Parmesan cheese, grated

Preheat oven to 450 degrees.

Thinly slice the tomatoes. Place them on paper towels to drain.

Place the pizza crust on a baking sheet. Brush with oil.

Arrange the tomatoes in a circular pattern on the pizza crust, leaving a 1/2-inch border.

Sprinkle with two tablespoons of the basil and all of the mozzarella and Parmesan.

Bake for 8 to 10 minutes or until the cheese melts and is golden brown.

Sprinkle with the remaining basil. Let cool slightly.

Cut into slices and serve.

Per Serving (excluding unknown items): 33 Calories; 2g Fat (43.7% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 44mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fat.