

# Baked Tomatoes with Goat Cheese

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*4 large beefsteak tomatoes  
olive oil  
salt (to taste)  
pepper (to taste)  
1 ounce goat cheese,  
crumbled  
1/2 cup panko  
2 tablespoons olive oil  
2 tablespoons grated  
Parmesan cheese  
2 tablespoons chopped  
parsley  
1 clove garlic, grated  
1 teaspoon fresh thyme  
1 teaspoon grated lemon  
zest  
1/2 teaspoon Kosher salt*

Preheat the oven to 450 degrees.

Slice off the tops of the beefsteak tomatoes.  
Scoop out the seeds and some of the flesh.  
Drizzle with olive oil. Season with salt and  
pepper.

Fill each tomato with one ounce of the goat  
cheese.

In a bowl, combine the panko, olive oil,  
Parmesan cheese, Parsley, garlic, thyme, lemon  
zest and Kosher salt. Sprinkle on the tomatoes.

Bake until golden brown, about 10 minutes.

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Per Serving (excluding unknown  
items): 530 Calories; 41g Fat  
(69.4% calories from fat); 17g  
Protein; 24g Carbohydrate; 1g  
Dietary Fiber; 38mg Cholesterol;  
1314mg Sodium. Exchanges: 1 1/2  
Grain(Starch); 2 Lean Meat; 1/2  
Vegetable; 7 Fat.