
Broiled Tomatoes with Pesto

Kathleen Olsen

Nettles Island Cooking in Paradise - 2014

1 cup fresh basil, chopped

2 cloves garlic, chopped

2 tablespoons pine nuts, chopped

2 tablespoons extra virgin olive oil

1/4 cup grated Parmesan cheese

3 tomatoes, cut into halves

In a bowl, combine the basil, cloves, pine nuts, olive oil and Parmesan cheese. Mix well.

Place the tomatoes into a casserole dish. Top the tomatoes with an equal amount of pesto.

Broil three inches below the broiler for 3 to 5 minutes.

Side Dishes

Per Serving (excluding unknown items): 525 Calories; 43g Fat (70.3% calories from fat); 17g Protein; 24g Carbohydrate; 7g Dietary Fiber; 16mg Cholesterol; 409mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 4 Vegetable; 7 Fat.