
Broiled Tomatoes

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

4 medium-size tomatoes, cut in half

1 cup bread crumbs

2 tablespoons butter

Parmesan cheese

parsley

salt (to taste)

pepper (to taste)

Place each tomato half on a greased pan.

In a saucepan, saute' the bread crumbs in butter until crisp. Pile the bread crumbs on top of the tomatoes. Sprinkle Parmesan cheese on each. Season with salt and pepper.

Place in a 350 degree oven and bake until the tomatoes are soft, about 20 to 25 minutes.

Add a sprig of fresh parsley to each tomato before serving.

Side Dishes

Per Serving (excluding unknown items): 183 Calories; 8g Fat (36.5% calories from fat); 4g Protein; 25g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 302mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 1 1/2 Fat.