

Baked Tomatoes Provencal

Olive oil cooking spray

4 medium firm, ripe tomatoes

½ cup whole wheat bread crumbs

2 tbsp grated Parmesan cheese

2 tbsp chopped fresh parsley

2 tsp dried basil or 2 tbsp fresh basil, chopped

1 tsp jarred minced garlic or 2 cloves, minced

2 tsp olive oil

1. Preheat oven to 400° F. Lightly spray 8 x 11.5-inch baking dish with cooking spray and set aside.
2. If necessary, cut a thin slice from the bottom of the tomato so it will stand upright. Cut tomatoes in half crosswise; then gently squeeze out their seeds. Arrange cut-side up in the baking dish.
3. Combine breadcrumbs, Parmesan cheese, parsley, basil, garlic and olive oil. Spoon

the mixture evenly over the tomatoes, gently patting down the top of each tomato half.

4. Bake until the breadcrumbs are golden and the tomatoes are softened, about 20-25 minutes.

Makes 8 (½ tomato) servings

Nutrient Value (per ½ tomato serving)

Calories: 57

Carbohydrate: 8 g

Protein: 2 g

Saturated Fat: 1 g

Fiber: 2 g

Adapted from a recipe of the American Institute for Cancer Research.

Nutrition Center
UI College of Public Health
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