

# Baked Parmesan Tomatoes

*A sprinkle of Parmesan and a drizzle of olive oil transform tomatoes into the perfect side dish. Or try sandwiching them between slices of your favorite whole-wheat country bread.*

**4 servings** | **Active Time:** 5 minutes | **Total Time:** 20 minutes

## Ingredients

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

## Preparation

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

## Nutrition

**Per serving :** 91 Calories; 6 g Fat; 2 g Sat; 4 g Mono; 4 mg Cholesterol; 6 g Carbohydrates; 3 g Protein; 2 g Fiber; 375 mg Sodium; 363 mg Potassium

Reference: *Eating Well* (August/September, 2006)

[http://www.eatingwell.com/recipes/baked\\_parmesan\\_tomatoes.html](http://www.eatingwell.com/recipes/baked_parmesan_tomatoes.html)