



Broiled Tomatoes

<u>U.S.</u>		<u>Metric</u>
4 each	Tomatoes, Globe	4 each
2 Tbsp	Olive Oil	30 mL
4 cloves	Garlic, minced	4 cloves
4 Tbsp	Fresh herb of choice	7.2 g
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g
2 Tbsp	Parmesan Cheese, grated	12.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat broiler to medium high heat.
3. Cut tomatoes in half and place cut side up on an unlined sheet pan.
4. Combine oil, garlic, salt, and pepper in a small bowl. Brush mixture over the cut side of the tomatoes.
5. Broil until tomatoes start to soften, about 4 minutes. Once softened, top with cheese and cook for another minute to brown the cheese.
6. Top with fresh herbs. Serve warm.

Nutrition Facts

Serving size 1/2 tomato
Servings 8

Calories 55
Calories from Fat 35

Total Fat 4 g
Saturated Fat 1 g
Trans Fat 0 g
Monounsaturated Fat 0 g
Cholesterol 1 mg
Sodium 126 mg
Carbohydrates 4 g
Dietary Fiber 1 g
Sugars 2 g
Protein 2 g

Vitamin A 36 %
Calcium 0 %
Vitamin C 21 %
Iron 2 %
Phosphorus 25 mg
