

## **Broiled Tomatoes with Parmesan Cheese**

*Makes for a nice warm dish to create  
with the rest of your garden fresh tomatoes*

**Makes 12 slices**

### **Ingredients:**

**¼ cup olive oil**

**½ cup plain whole wheat bread crumbs**

**½ cup grated parmesan cheese (light varieties are a great choice)**

**4 large tomatoes, peeled and cut into 1-inch-thick slices**

### **Directions**

**Mix olive oil, bread crumbs, and parmesan cheese in small bowl. Dip tomato slices into crumb mixture. Broil until lightly brown.**

### **Nutrient Analysis**

**Calories: 65**

**Protein: 2 grams**

**Carbohydrate: 2 grams**

**Total fat: 5.5 grams**

**Saturated fat: 1 gram**

**Cholesterol: 3 milligrams**

**Sodium: 66 milligrams**