

Broiled Tomatoes (Vegetable)



Ingredients:

- 3 large tomatoes
- 1/2 t dried basil
- Dash pepper
- 1/4 c plain bread crumbs
- Cooking spray

Directions:

1. Cut tomatoes in half.
2. Mix basil and pepper.
3. Sprinkle mixture on tomatoes.
4. Top with bread crumbs and spray tops with cooking spray.
5. Grease baking pan with cooking spray and place prepared tomato halves on pan.
6. Broil about 10 minutes.

Makes 3 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>