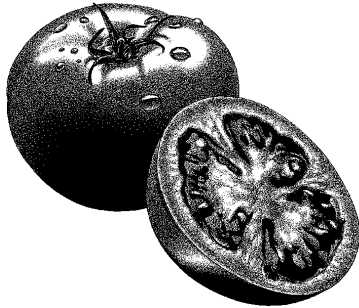


# Broiled Tomatoes and Cheese

Serves 3

3 large firm tomatoes  
½ pound (8 oz.) cottage cheese, low-fat  
½ teaspoon basil, dried  
⅛ teaspoon black pepper  
¼ cup plain bread crumbs  
Vegetable oil cooking spray



1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with vegetable oil cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on pan and broil about 10 minutes.

## TIPS:

- Serve with baked fish or chicken.
- Visit a local farmers' market for tomatoes in season.

## Nutrition Facts:

Serving size: 2 tomato halves; Calories: 140; Fruits and Vegetables: 1 serving; Fat: 2.5 g; Fiber: 2 g



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