



BROILED TOMATOES WITH PARMESAN AND HERBS

ingredients:

- 4 large ripe tomatoes
- 1/4 cup shredded part-skim mozzarella cheese
- 2 Tablespoons grated Parmesan cheese
- 3 Tablespoons reduced-fat mayonnaise
- 1 Tablespoon real bacon bits
- 1/8 teaspoon black pepper
- 1 clove garlic, peeled and crushed
- 1 teaspoon snipped fresh basil
- 1/2 teaspoon snipped fresh marjoram
- 1/2 teaspoon snipped fresh oregano

directions:

1. Preheat oven to 400 degrees F. Slice each tomato into 3 equal slices. Place slices between paper towels to absorb some moisture; set aside.
2. In a small bowl, combine mozzarella cheese, Parmesan cheese, mayonnaise, bacon bits, pepper, garlic, basil, marjoram and oregano. Mix well.
3. Place tomato slices on a large sheet pan and spread each slice with 2 teaspoons herbed cheese mixture. Bake 10 minutes.
4. Change oven setting to broil and continue cooking until cheese mixture is golden brown, about 2 to 3 additional minutes. Serve immediately.

Yield: 6 servings
(2 slices per serving)

Nutrition Information Per Serving:

73 calories
4 grams fat
1 gram saturated fat
7 mg cholesterol
157 mg sodium
6 grams carbohydrates
1 gram fiber
3 grams protein

Food exchanges:
1 vegetable, 1 fat



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