

Broiled Tomatoes and Cheese



CHOICES
Steps Toward
Health

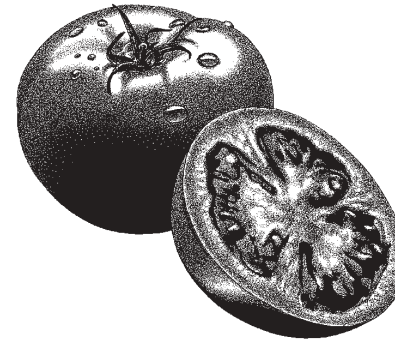
Serves 3

3 large firm tomatoes
1/2 pound (8 oz.) low-fat cottage cheese
1/2 teaspoon basil, dried
1/8 teaspoon black pepper
1/4 cup plain bread crumbs
Cooking spray

TIPS:

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

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 cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on pan and broil about 10 minutes.



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