

Broiled Cheesy Tomatoes



Ingredients:

- 3 large tomatoes, halved
- 8 ounces low-fat cottage cheese
- 1/2 teaspoon dried basil
- 1/8 teaspoon pepper
- 1/4 cup bread crumbs
- Cooking spray

Directions:

1. In a small bowl, mix cottage cheese, basil, and pepper.
2. Spread cottage cheese mixture on tomato halves.
3. Top with bread crumbs and spray tops with cooking spray.
4. Spray broiler pan with cooking spray. Place tomatoes on the pan.
5. Broil about 10 minutes.

Makes 3 servings.



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