

PARMESAN BAKED TOMATOES

F EASY

Last Modified: 09/21/2014

PREP: 20 Min

COOK: 15 Min

OVEN: 400

VEGETABLES

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Large	RIPE Beefsteak Tomatoes	Halved
1/4	Cup	Parmesan Cheese	Shredded
4	Pinches	Sea Salt	
1/4	Cup	Panko Bread Crumbs (Kikkoman)	
1	Tbsp	Unsalted Butter	
2	Tbsp	Aged Balsamic Vinegar (High Quality)	
1	Tbsp	Extra Virgin Olive Oil (EVOO)	
2	Tbsp	Dried Oregano	
2	Tbsp	Fresh Italian Parsley Leaves	Chopped

PREPARATION

TOOLS	1) Aluminum Half Sheet Pan 2) Small Sauce Pan
PREP	DISH 1) Shred the Parmesan Cheese and set it aside. 2) Chop the Parsley Leaves and set them aside. 3) Preheat the oven to 400 degrees with a rack in the center.
PREP	Slice the Tomatoes in half crosswise. Use a teaspoon to remove the seeds and gel from between the cells and place them on a sheet pan, cut side up. Do NOT core the Tomatoes.
OPTION	You may alternately slice the Tomatoes into 1/2 inch thick slices and bake for less time.
1	Place the Tomatoes, not touching on a sheet pan. If using slices, spray the sheet pan with non-stick cooking spray.
2	In a small saucepan over low heat, melt the Butter and stir in the Bread Crumbs until all are evenly coated.
3	Sprinkle the Tomato halves evenly with the Bread Crumbs, pressing it lightly inside the cells. Sprinkle the top evenly with Olive Oil, Balsamic Vinegar and Salt (Hint: place the Vinegar and Oil in a squirt bottle and shake to mix well.). Let them stand for 5 minutes and then, sprinkle the top evenly with the Parmesan Cheese, Oregano and Parsley.
4	Bake the Tomatoes for 15 minutes, or until the Cheese is melted and getting brown.
SERVE	Serve while hot.