

# 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	
<b>TOOLS</b>	1) Aluminum Half Sheet Pan 2) Small Sauce Pan
<b>PREP</b>	<b>DISH</b> 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.
<b>PREP</b>	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.
<b>OPTION</b>	You may alternately slice the Tomatoes into 1/2 inch thick slices and bake for less time.
<b>1</b>	Place the Tomatoes, not touching on a sheet pan. If using slices, spray the sheet pan with non-stick cooking spray.
<b>2</b>	In a small saucepan over low heat, melt the Butter and stir in the Bread Crumbs until all are evenly coated.
<b>3</b>	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 ( <b>Hint:</b> 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.
<b>4</b>	Bake the Tomatoes for 15 minutes, or until the Cheese is melted and getting brown.
<b>SERVE</b>	Serve while hot.

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