

Makes: 4 Servings

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

½ cup plain fresh soft bread crumbs
2 T chopped fresh parsley
½ t dried basil, crumbled
½ t grated lemon zest
2 oz low-fat feta cheese, crumbled
2 large tomatoes, halved crosswise
1 ½ T fresh lemon juice
Cooking Spray

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a small bowl, stir together the bread crumbs, parsley, basil, and lemon zest. Toss gently.
3. Add the feta. Toss gently.
4. To assemble, lightly spray a 9-inch pie pan with cooking spray. Place the tomato halves in the pie pan. Spoon the lemon juice over the halves. Top the tomatoes with the breadcrumb mixture. Liberally spray with cooking spray.
5. Bake for 30 minutes, or until the tomatoes are tender when pierced with a fork and beginning to slightly brown.
6. Let stand for 10 minutes before serving.

NUTRITION INFORMATION (for each serving)

Calories: 52
Fat: 0.5 grams
Cholesterol: 0 milligrams
Total Carbohydrates: 9 grams
 Fiber: 1 gram
Sodium: 270 milligrams
Protein: 4 grams

Source:

“Golden Lemon-Crumb Tomatoes” *The New American Heart Association Cookbook. 7th edition.* 2004. Page 472.