

BAKED TOMATOES WITH CHEESE

Source: foodhero.org

Prep time: 5 minutes, Cooking time: 10 minutes, Makes: 8 1-inch slices

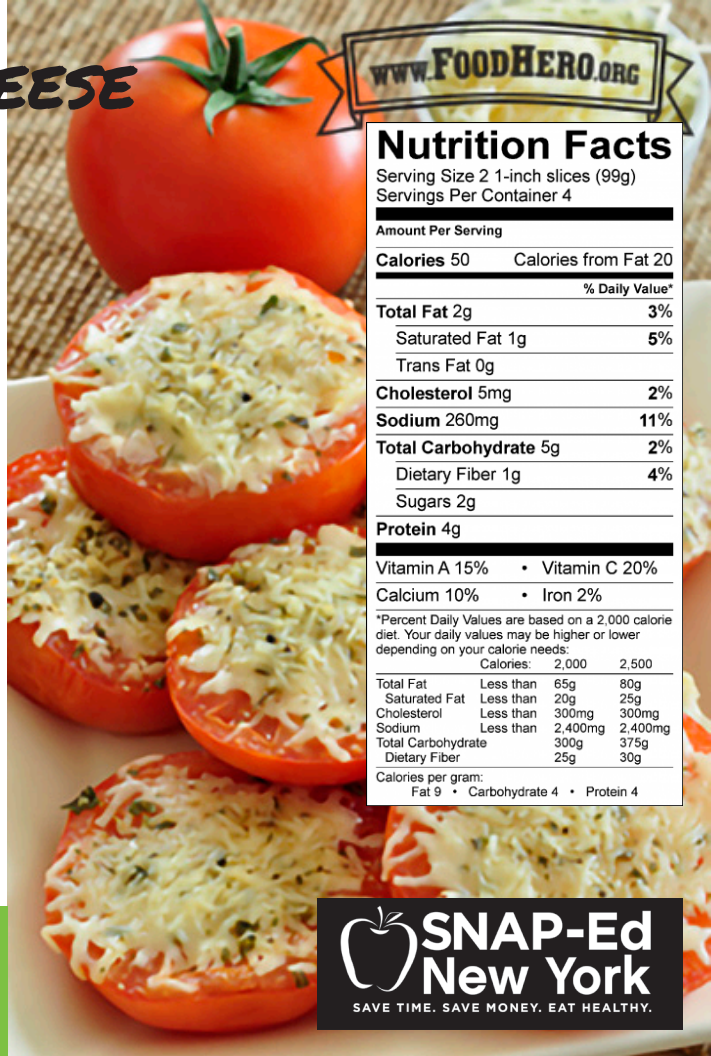
Ingredients:

- 2 large tomatoes cut into thick slices (about 1 inch)
- 1/3 cup shredded cheese (try parmesan, Swiss, or cheddar)
- 1 teaspoon dried oregano
- 1/4 teaspoon each salt and pepper
- 1/4 teaspoon garlic powder (1 clove garlic, minced)

Directions:

1. Preheat oven to 400 degrees. Place tomato slices in a single layer in a shallow baking dish.
2. In a small bowl, combine cheese, oregano, salt, pepper and garlic powder. Sprinkle mixture over tomatoes.
3. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
4. Refrigerate leftovers within 2 hours.

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Nutrition Facts

Serving Size 2 1-inch slices (99g)
Servings Per Container 4

Amount Per Serving

Calories 50 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 260mg 11%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 2g

Protein 4g

Vitamin A 15% • Vitamin C 20%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

 **SNAP-Ed**
New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.