

Tomato Parmesan



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Yield: 12 pieces

Prep Time: 10 minutes

Total Time: 20 minutes

Beefsteak tomatoes are great for slicing and they taste wonderful in this simple preparation as a side dish for any grilled protein.

Ingredients:

- 3 Beefsteak tomatoes, ends trimmed and each one cut into 4 equal slices
- 1 cup shredded fresh Parmesan cheese
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 2 tablespoons chopped fresh parsley or basil, for garnish

Directions:

1. Line a baking tray with parchment paper and set aside
2. Preheat oven to 400° F
3. Prepare tomatoes as per ingredient list and place on the baking tray
4. Top each slice with dried herbs and then cheese. Bake for 10 minutes or until cheese is melted and lightly browned
5. Remove from baking tray and place on serving platter. Garnish with fresh herbs and serve immediately

Cooking Tips:

Other tomatoes can be substituted for the Beefsteaks, but they are the best choice as they are meaty and firm. However, you could try TOV's (Tomatoes on the Vine) or Heirloom tomatoes.

BEEFSTEAK

Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 3, Amount Per Serving: Calories 268, Total Fat 16.4g (21% Daily Value), Saturated Fat 10.7g (54% Daily Value), Cholesterol 53mg (18% Daily Value), Sodium 701mg (30% Daily Value), Potassium 333mg (7% Daily Value), Carbohydrate 8.6g (3% Daily Value), Dietary Fiber 2.2g (8% Daily Value), Sugars 3.3g, Protein 25.4g.

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