

Baked tomato slices



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 20 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2 tablespoons grated parmesan cheese
- 1/2 cup bread crumbs
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- Nonstick cooking spray
- 4 large ripe tomatoes, sliced 1/2-inch thick
- 1 tablespoon olive oil

Directions

1. Mix together parmesan cheese, bread crumbs, garlic, parsley, oregano, salt, and pepper.
2. Spray shallow baking pan with cooking spray.
3. Place tomato slices close together in greased pan.
4. Sprinkle tomato slices with parmesan cheese mixture.
5. Drizzle slices with olive oil.
6. Bake at 400 degrees F for 20 minutes or until topping is lightly toasted.

Tips and variations

- Baked tomato slices can be served as a vegetable side dish or as a meatless main dish.
- Try a different type of shredded cheese on top.
- For an Italian-style burger, top a fried or grilled burger with one or more baked tomato slices.
- Leftover baked tomatoes will be wet but are still tasty. Chop up leftover tomatoes and mix them in a pasta or rice salad, or add them to pizza or soup.

Nutritional info

Calories

119

Total fat

5 g

Saturated fat

1 g

Cholesterol

2 mg

Sodium

152 mg

Total carbohydrates

16 g

Dietary fiber

2 g

Protein

4 g

Total sugar

4 g

Allergens

Dairy

Soy

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