Baked Tomatoes Recipe

**SERVINGS: 6**  
  
**INGREDIENTS**

* 5-6 large tomatoes
* Olive oil spray
* ¼ cup low fat parmesan cheese
* Greek Seasoning (Penzey's is preferred)
* ¼ cup pine nuts (optional)

**INSTRUCTIONS**

1. Preheat oven to 350 º F.
2. Cut tomatoes in half-lengthwise and place open face in non-stick 9x13 pan.
3. Spray surface of tomatoes with olive oil spray.
4. Coat with cheese and pine nuts.
5. Sprinkle on Greek seasoning to taste.
6. Bake for 50 minutes on middle rack.

**NUTRITION FACTS (1 serving, two tomato halves)**  
Calories: 73  
Total Fat: 5 g  
Total Carbohydrates: 6 g  
  Dietary Fiber: 2 g  
  Sugars: 0 g  
Protein: 3 g