



## December 9- Broiled Tomatoes and Cheese

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese>

### Recipe

*Ingredients:*

- 3 tomatoes (large, firm)
- 8 ounces cottage cheese, low-fat
- ½ teaspoon basil (dried)
- 1/8 teaspoon black pepper
- ¼ cup bread crumbs (plain)
- Cooking spray (or vegetable oil)

*Directions:*

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Yield 3 servings

Nutrition Facts	
Serving Size 1 tomato (207.95g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 12g	<b>23%</b>
Vitamin A 15%	Vitamin C 25%
Calcium 8%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	