

## Tomatoes baked with parmesan cheese

Serves 4

**2tbsp olive oil, plus extra for greasing**

**2 large tomatoes, firm but ripe**

**50g freshly grated parmesan cheese**

**1tbsp chopped fresh parsley**

**freshly ground black pepper**

**1** Preheat the oven to 220°C/gas mark 7.

Grease a medium-sized baking tin thoroughly with a little olive oil. Slice the tomatoes thickly using a sharp knife and lay them out on the greased baking tin.

**2** Make a paste by mixing together the grated parmesan cheese, olive oil and chopped parsley. Season the paste with freshly ground black pepper. Spread a little of the cheese paste onto each slice of tomato and place the dish in the top of the oven. Bake for 15 minutes until the tomatoes are softened and the cheese topping is browned and bubbling.

Fat	12g	Carbs	1g	Energy	129kcal
Protein	5g	Sodium	.1g	Fibre	1g



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