



# Baked Parmesan Tomatoes

## Ingredients:

- 4 tomatoes
- ¼ cup grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
  - ¼ teaspoon salt
- 4 teaspoons extra-virgin olive oil

Prep Time: 5 mins.

Total Time: 20 mins.

Servings: 4

## Directions:

- Preheat oven to 450° F
- Cut and place tomatoes on baking sheet
  - Add ingredients to top of tomatoes
    - Bake for 15 minutes
  - Drizzle olive oil on top

## Nutrition:

- 91 calories
  - 6 carbs
  - 6 g fat
- 3 g protein
- 2 g fiber

