

GRILLED TOMATOES

A quick and easy recipe for all seasons

If you don't have a grill, the recipe is great in the broiler or toaster oven!

INGREDIENTS

- 2 Ripe tomatoes
Oregano, dried or
fresh, to taste
Lemon pepper, to
taste

Nutrient Analysis for ½ Tomato:
Calories 20, Total Fat 0.4 g, Saturated Fat 0
g, Cholesterol 0 mg, Protein 0.8 g, ,
Carbohydrate 4 g, Dietary Fiber 1 g, Sodium
26 mg

DIRECTIONS

1. Slice tomatoes in half, lengthwise.
2. Prepare grill (or broiler). Cover grill grid with foil.
3. Place tomatoes on foil and sprinkle with oregano and lemon pepper.
4. Grill tomatoes with cut side down, over hot coals for about 4-5
5. For an extra flavor tomato, sprinkle some parmesan cheese over the tomato

