



Lenten Meatless Meal

Stuffed Tomato

Ingredients:

4 medium-large tomatoes

Salt and Pepper

2 tbsp. margarine (or butter)

3/4 cup breadcrumbs (regular or panko)

1/4 cup Parmesan cheese (freshly grated)

Basil (or Italian seasoning, to taste)

Optional: 1/2 tsp. onion powder

Directions:

1. Pre-heat oven to 350 F

2. Slice tomatoes in half or slice off the top third of a large tomato and place cut-side up on a lightly greased baking sheet or muffin tin. Season with salt and pepper.

3. In a medium bowl, combine the melted margarine, bread crumbs, Parmesan cheese, and basil or Italian seasoning. Place a generous spoonful of the breadcrumb mixture securely on top of each tomato.

4. Bake tomatoes for 15 to 20 minutes, or until the bread crumbs on top are lightly golden brown.

5. Enjoy!

Recipe from: <https://www.thespruceeats.com/stuffed-tomatoes-with-bread-crumbs-3377756>