CHEESY BAKED TOMATOES -
For you LOW CARBERS!!! Great snack!!!!

What you need:
4 tomatoes, halved
1/4 cup freshly grated Parmesan cheese
1 oz reduced fat provolone cheese, shredded
1 tsp chopped fresh basil
1 tsp chopped fresh oregano
1/2 tsp salt
Freshly ground pepper, to taste

How you make it:
Preheat oven to 450° F.
Place tomatoes cut-side up on a baking sheet.
Top with Parmesan, provolone, oregano, basil, salt and pepper.
Mist lightly with non-fat cooking spray and bake until the tomatoes are tender, about 15 minutes.
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~ Dail https://www.facebook.com/groups/abettermewithskinnycare

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