

Broiled Tomatoes, Queso, Fresh Herbs

Portion Size: 2 tomato halves

Yield: 12

Ingredients:

Tomatoes, Fresh	12 each
Cooking Spray	as needed
Canola Oil	1 TBSP
Garlic Cloves, Chopped	6 each
Kosher Salt	¼ tsp
Ground Cumin	¾ tsp
Cayenne Pepper	¼ tsp
Scallions, Bunch, Finely Diced	1 each
Cilantro, Fresh, Minced	3 TBSP
Basil, Fresh, Minced	3 TBSP
Plain Breadcrumbs	¾ cup
Mexican Cheese	4 oz

Preparation:

1. Preheat oven to 450°F.
2. Remove core from tomatoes. Then, cut tomatoes in half and place, cut side up, on a lightly sprayed baking sheet.
3. In a skillet over medium-low heat, add oil, garlic, salt, cumin, cayenne pepper, scallion, cilantro, and basil. Cook until fragrant.
4. In a mixing bowl, combine breadcrumbs and herb-mixture.
5. Top each tomato half evenly with breadcrumb mixture and cheese.
6. Cook in oven for ~8 minutes, until well-browned and heated through.

Chef Note: Instead of pre-made breadcrumbs, break apart day-old bread into small pieces. Pulse in food processor until breadcrumb consistency.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
100	4	11	2	4	5	2	200



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