



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Broiled Tomatoes

Broiling tomatoes enhances their natural sweetness and is an easy, hands-off way to create a delicious, savory side dish.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

4 each	Tomatoes, globe
2 Tbsp	Olive Oil
1 Tbsp	Balsamic Vinegar
4 cloves	Garlic, minced
½ tsp	Kosher Salt
½ tsp	Black Pepper
2 Tbsp	Parmesan cheese, grated (¼ oz)
2 Tbsp	Breadcrumbs, whole wheat
4 Tbsp	Herbs, fresh, chopped (such as basil, parsley, or oregano)

CHEF'S NOTES

When broiling, keep an eye on the tomatoes as they can quickly burn under the direct heat. Topping the tomatoes with fresh herbs and cheese adds both umami and a fresh flavor to this dish. Any variety of herbs like basil, parsley, oregano, chives, sage, or thyme would work well. Also, different cheese can be used like mozzarella or cheddar.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Preheat the broiler to medium high heat.
3. Cut tomatoes in half and place them cut side up on an unlined sheet tray. Broil until the tomatoes are slightly softened, about 2 minutes.
4. Combine the oil, balsamic vinegar, garlic, salt, and black pepper together in small bowl. Brush the mixture over the cut side of the tomatoes.
5. Combine the breadcrumbs and parmesan in a small bowl then sprinkle evenly over the tomatoes and broil for another 1 to 2 minute to melt and brown the cheese.
6. Top with the fresh herbs. Serve warm and enjoy!

Nutrition Facts

8 servings per container

Serving size 1/2 tomato (104g)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT

Recipe adapted from *Health meets Food*, "Broiled Tomatoes" (12/19/22)



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