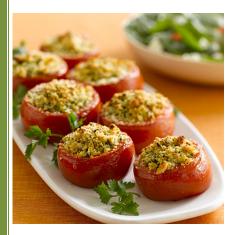
Broiled Cheesy Tomatoes



Ingredients:

- 3 large tomatoes, halved
- 8 ounces low-fat cottage cheese
- 1/2 teaspoon dried basil
- 1/8 teaspoon pepper
- 1/4 cup bread crumbs
- Cooking spray

Directions:

- 1. In a small bowl, mix cottage cheese, basil, and pepper.
- 2. Spread cottage cheese mixture on tomato halves.
- 3. Top with bread crumbs and spray tops with cooking spray.
- 4. Spray broiler pan with cooking spray. Place tomatoes on the pan.
- 5. Broil about 10 minutes.

Makes 3 servings.

