

Pesto-Stuffed Tomatoes

Juicy, ripe red tomatoes? Here's a delicious way to enjoy them as well as aromatic fresh basil.

- 4 medium tomatoes (1 1/4 to 1 1/2 pounds total)
- 2 tablespoons shredded fresh Parmesan cheese
- 2 tablespoons pine nuts
- 2 tablespoons chopped fresh or 2 teaspoons dried basil leaves
- 1 1/2 teaspoons olive or vegetable oil
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 2 slices bread, torn into crumbs
- 1 tablespoon shredded fresh Parmesan cheese

1. Cut 1/4-inch slice from stem end of each tomato; scoop out pulp. Discard seeds; chop pulp. Mix pulp, 2 tablespoons cheese, the nuts, basil, oil, garlic salt and pepper. Gently stir in breadcrumbs. Fill tomatoes with mixture.
2. Place tomatoes in 4 small custard cups or arrange in circle in shallow round microwavable dish. Cover loosely with waxed paper.
3. Microwave on High 3 to 4 minutes or until tender. Sprinkle with 1-tablespoon cheese. Cover and let stand about 2 minutes or until cheese is melted.

Per Serving: Calories 120 (Calories from Fat 55); Total Fat 6g (Saturated Fat 2g); Cholesterol 5mg; Sodium 290mg; Total Carbohydrate 13g (Dietary Fiber 2g); Protein 5g

% Daily Value: Vitamin A 8%; Vitamin C 20%; Calcium 8%; Iron 6%

Exchanges: 3 Vegetable; 1 Fat

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