



Tomato Time

TOMATOES PROVENÇAL

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| 8 medium Roma tomatoes | 1/3 cup (75 mL) grated Parmesan cheese |
| 1/2 tsp (2 mL) salt | 2 tbsp (25 mL) olive oil |
| 1/2 tsp (2 mL) freshly ground pepper | 2 cloves garlic, crushed |
| 3/4 cup (175 mL) dry bread crumbs | 1/2 tsp (2 mL) basil, crumbled |
| 2/3 cup (150 mL) chopped fresh parsley | 1/4 tsp (1 mL) oregano, crumbled |

Slice tomatoes in half lengthwise. Scoop out pulp, leaving a 1/4 inch (6 mm) shell; discard pulp. Sprinkle tomatoes with salt and pepper. Combine remaining ingredients (crumbs through oregano). Fill tomatoes with crumb mixture. Place in a single layer in a lightly greased casserole. Bake at 350°F (180°C) for 25 - 30 minutes. Serves 10 - 12.

TOMATO SLICES WITH CUMIN CORNMEAL CRUST

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| 1/2 cup (125 mL) grated Parmesan cheese | 1/4 tsp (1 mL) onion powder |
| 1/2 cup (125 mL) cornmeal | 1/8 tsp (0.5 mL) cayenne pepper |
| 1 tsp (5 mL) cumin | 4 large firm tomatoes, thickly sliced |
| 1 tsp (5 mL) sugar | 1 tbsp (15 mL) oil |
| 1 tsp (5 mL) salt | |

Combine first 7 ingredients (Parmesan through cayenne pepper). Dredge both sides of tomato slices with cornmeal mixture. Pat mixture lightly into tomatoes to adhere. Heat oil in a non-stick griddle or frypan. Cook tomatoes in batches over medium heat until crisp and golden on both sides. Keep warm in a single layer until all slices are cooked. Serves 6.

Cook's Note: Green tomatoes or zucchini may also be used in this recipe.

CHERRY TOMATO CRUMBLE

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| 1 cup (250 mL) soft fresh bread crumbs | 1/4 tsp (1 mL) garlic powder |
| 1/4 cup (50 mL) freshly grated Parmesan cheese | 1/4 tsp (1 mL) salt |
| 2 tbsp (25 mL) chopped fresh parsley | 1/4 tsp (1 mL) freshly ground pepper |
| 1 tbsp (15 mL) olive oil | 5 cups (1.25 L) cherry tomatoes |

Combine all ingredients except tomatoes in a small bowl. Place tomatoes in a single layer in an ungreased 7 1/2x11 inch (19x28 cm) baking dish. Sprinkle bread crumb mixture over tomatoes. Bake at 350°F (180°C) for 25 - 30 minutes or until tomatoes are heated through and bread crumb mixture is light golden. Do not overcook as tomatoes will split. Serves 8.

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