

DILL AND PARMESAN TOMATOES

A QUICK WAY TO PERK UP A MIDWEEK MEAL.

3 MEDIUM TOMATOES

2 TBSPS. BUTTER

30 mL

1/2 CUP BREADCRUMBS (KEEP A BAG IN THE FREEZER) 125 mL

3 TSPS. FRESH CHOPPED DILL (KEEPS WELL IN FREEZER)

OR 1 1/2 TSP. DRIED DILL

15 OR 7 mL

SALT & PEPPER TO TASTE

GRATED PARMESAN CHEESE

CUT EACH TOMATO INTO 4 SLICES AND PLACE ON A COOKIE SHEET. MELT BUTTER, ADD BREADCRUMBS, DILL, SALT AND PEPPER. SPOON MIXTURE ONTO EACH TOMATO SLICE. SPRINKLE WITH LOTS OF PARMESAN CHEESE. PLACE IN COLD OVEN UNDER BROILER (NOT TOO CLOSE) AND TURN ON BROILER. KEEP AN EYE ON IT - CHEESE TURNS GOLDEN AND CRUSTY IN ABOUT 5 MINUTES. SEE PICTURE, PAGE 121.