

OVEN ROASTED TOMATO

by Henry Ford at www.henry.successisyoudo.org

INGREDIENTS:

Medium to Large Tomato (preferably NOT OVER RIPE)

Salt

Black Pepper

Garlic Granules (optional)

Parsley, Fresh or Dried (optional) *

Cheddar Cheese (optional)

NOTES:

- * Any Herb that you would like on a Tomato should be fine. I normally use Dried Parsley because we always have it on hand, but please experiment and personalize it.

PREPARATION:

- Cut tomato in half so you can share (or so you can have two)
- Place tomato halves, cut side up on a foil lined pan (so all of the goodness can be captured)
- Sprinkle your chosen ingredients on the tomato.
- Bake for about 20-25 minutes in a pre-heated oven at 350 Degrees

COMMENTS:

Should serve one or two. It depends a lot on how big you grow (or buy) your tomatoes!