

Baked Tomatoes with Cheese



1 Serving Provides:

CACFP: ½ cup Vegetable, ½ ounce Meat/Meat Alternate

NSLP: ½ cup Red/Orange Vegetable, ½ ounce Meat/Meat Alternate

SFSP: ½ cup Vegetable, ½ ounce Meat/Meat Alternate

Cooking time: 15 minutes

HACCP Process #2 Same Day Service

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Tomatoes, large, raw Roma or round, halved from top to bottom	3 pounds 12 ounces	about 6 each	7 pounds 8 ounces	about 12 each
Mozzarella cheese, low moisture, part skim, shredded	3 ounces	¾ cup	6 ounces	1½ cups
Parmesan cheese	3 ounces	¾ cup	6 ounces	1½ cups
Oregano, dried		1 Tablespoon		2 Tablespoons
Black pepper, ground		¾ teaspoon		1½ teaspoons
Garlic powder		¾ teaspoon		1½ teaspoons
Salt		¼ teaspoon		½ teaspoon



Directions

- Preheat oven to 400°F. Spray a steamtable pan with pan-release spray. For 12 servings use a 2-inch half-size steamtable pan or a 9x13-inch baking dish. For 24 servings use a 2-inch full-size steamtable pan or two 9x13-inch baking dishes.
- Place tomato halves cut-side-up in the prepared baking dish. Set aside.
- In a bowl mix together the mozzarella cheese, parmesan cheese, dried oregano, black pepper, garlic powder and salt. Place 2 tablespoons of the cheese mixture on each tomato half.
- Bake in the preheated 400°F oven for approximately 12–15 minutes, or until cheese turns golden brown and starts to bubble.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve ½ cup portions, about ½ tomato per portion

Serving	Yield	Volume
½ cup	12 Servings: about 3 pounds 24 Servings: about 6 pounds	12 Servings: about 1½ quarts 24 Servings: about 3 quarts

Nutrients Per Serving			
Calories	84	Sodium	211 mg
Total Fat	3.8 g	Carbohydrate	8 g
Saturated Fat	2 g	Dietary Fiber	2 g
Cholesterol	10 mg	Protein	6 g
		Vitamin A	1303 IU
		Vitamin C	18 mg
		Iron	0.7 mg
		Calcium	151 mg