

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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Tomatoes, large, raw Roma or round, halved from top to bottom	15 pounds	about 24 each	30 pounds	about 48 each
Mozzarella cheese, low moisture, part skim, shredded	12 ounces	3 cups	1 pound 8 ounces	6 cups
Parmesan cheese	12 ounces	3 cups	1 pound 8 ounces	6 cups
Oregano, dried		¼ cup		½ cup
Black pepper, ground		1 Tablespoon		2 Tablespoons
Garlic powder		1 Tablespoon		2 Tablespoons
Salt		1 teaspoon		2 teaspoons



Directions

1. Preheat oven to 400°F. Spray 2-inch full-size steamtable pans with pan-release spray. For 48 servings use 2 pans, for 96 servings use 4 pans.
2. Place tomato halves cut-side-up in the prepared baking dish. Set aside.
3. 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.
4. 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	48 Servings: about 12 pounds	48 Servings: about 1½ gallons
	96 Servings: about 24 pounds	96 Servings: about 3 gallons

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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.