



Bumble Bee
and Clover

Baked Tomatoes with Cheese



Bumble bees not only help produce cheese, but also pollinate many crops grown in greenhouses, such as tomatoes and peppers. Enjoy bumble bees' hard work with this Food Hero recipe.

Ingredients:

- 2 large tomatoes, cut into 1-inch thick slices
- 1/3 cup shredded cheese (any type)
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder or 1 clove of garlic, minced

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a shallow baking dish and place the tomato slices in a single layer on the bottom of the dish.
4. In a small bowl, combine the rest of the ingredients. Sprinkle the mixture over the tomatoes.
5. Bake 5 to 10 minutes, or until the cheese turns golden brown and starts to bubble. Serve warm.
6. Refrigerate leftovers within 2 hours.

Notes:

- Try parmesan, Swiss or cheddar cheese.
- Try other herbs, such as basil or dill.



Makes 8 1-inch slices

Prep time: 5 minutes

Cook time: 10 minutes

Nutrition Facts

4 servings per container	
Serving size	2 slices (99g)
Amount per Serving	
Calories	45
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 0mg	0%
Potassium 238mg	6%
Vitamin A 56mcg	6%
Vitamin C 12mg	14%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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