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.

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

*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.