



BROILED TOMATOES OR ZUCCHINI WITH MUSTARD AND PARMESAN

Serves 6-8

Ingredients

6-8 medium	Tomatoes, halved lengthwise
6-8 small	Zucchini, halved lengthwise or thick coins
3-4 Tbsp	Dijon mustard
¾ cup	Breadcrumbs
¾ cup	Grated Parmesan Cheese
1/3 cup	Butter, melted
1 ½ tsp	Fresh Oregano, finely minced
1 Tbsp	Fresh Basil, finely minced
½ tsp	Cayenne Pepper
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Paper towels
- Sheet tray or baking dish

Directions

1. Preheat oven to 350-400°F **OR** use broiler setting.
2. Place tomatoes/zucchini, cut side down, on a sheet tray lined with paper towels. Drain for 10 minutes. Spread mustard over cut side of each tomato/zucchini.
3. Mix together remaining ingredients until well blended. Spoon mixture evenly over tomato/zucchini halves, pressing lightly into mustard. Place tomatoes/zucchini, cut side up, onto oiled baking dish or sheet tray.

Roasting: Place into oven for 12-25 minutes, until desired tenderness and nicely Browned.

Broiling: Set rack of oven so that the tops of the tomatoes/zucchini are about 3-5 inches from the broiler. Broil for 4-6 minutes until tops are nicely golden brown.