Ingredients
1 small onion
3 large tomatoes
1 cup unseasoned breadcrumbs
2 teaspoons dried parsley
2 teaspoons dried basil
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
1 Tablespoon vegetable oil
1/4 cup water
(or more as needed)
Nonstick cooking spray

Instructions
1. Preheat the oven to 400 degrees.
2. Peel the onion. Chop it into small pieces.
3. Cut each tomato in half. Remove the part with the stem.
4. Gently squeeze each tomato half over the sink to remove the seeds.
5. Put the breadcrumbs into medium bowl. Add the onions, spices, and oil.
6. Mix well, slowly adding water to moisten the crumbs.
7. Use a spoon to press the crumb mixture into the tomato halves.

8. Lightly spray a baking pan with nonstick cooking spray. Place the tomatoes on the pan, with the cut side up.

9. Bake for 15 to 20 minutes, until the crumbs are browned and the tomatoes are soft.

Notes
If you don’t have a box of breadcrumbs, make your own. Toast 4 slices of bread. Crush with a rolling pin or the side of a jar to make breadcrumbs. If you don’t have breadcrumbs or bread, crush 3 cups of a flaked cereal instead.

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