

## Tomatoes Stuffed with Goat Cheese

- 4 large ripe tomatoes
- salt and ground black pepper
- 2 to 3 tablespoons olive oil
- 2 cloves garlic
- 3 to 4 sprigs fresh thyme or basil
- 3 to 4 sprigs fresh parsley
- 4 to 5 ounces fresh goat cheese (goat feta is good)
- Whole grain bread

Preheat oven to 400 degrees. To core tomatoes, cut shallow lid from top and discard.

Scoop out seeds with sharp spoon; sprinkle insides with salt and pepper.

Turn upside down and let drain 5 to 10 minutes.

Meanwhile, toast whole grain bread. Cut out 4 large rounds; brush with some of the olive oil.

Set rounds on oiled baking sheet.

Chop garlic, thyme and parsley together.

Set tomatoes, cut side up, on toast rounds; sprinkle insides with half of garlic mixture.

Crumble goat cheese inside tomatoes; sprinkle with remaining herbs.

Season to taste with salt and pepper. Drizzle with remaining oil.

Bake until cheese is hot and tomato skins start to split, 15 to 20 minutes.

Serve hot or at room temperature. Makes 4 servings.