

# Spinach Topped TOMATOES

Serving Size: 1/8 dish

## INGREDIENTS

- 2 large tomatoes
- 1 (10-ounce) box frozen chopped spinach, thawed
- 2/3 cup bread crumbs
- ¼ cup parmesan cheese
- ¼ cup finely chopped onions
- 1 egg, slightly beaten
- 1 ½ tablespoons margarine, melted
- 1 teaspoon dry parsley
- 1/8 teaspoon garlic powder
- 1 to 2 dashes hot pepper sauce
- ¼ teaspoon salt
- Dash black pepper
- Non-stick cooking spray

## DIRECTIONS

- 1.Heat oven to 350°F.
- 2.Spray a 9" x 12" baking dish with non-stick cooking spray.
- 3.Wash tomatoes and remove cores.
- 4.Slice each tomato in 4 thick slices.
- 5.Place each slice in the pan.
- 6.Squeeze the thawed spinach to remove extra water.
- 7.Mix all remaining ingredients.
- 8.Divide mixture into 8 portions.
- 9.Spoon a portion on each tomato slice.
- 10.Bake at 350 for 15 minutes.



Source: EFNEP

WASHINGTON COUNTY