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Scalloped Tomatoes

Ingredients

1 (28-ounce) can diced tomatoes

¼ cup onion, minced

½ teaspoon salt

dash of pepper

4 slices whole wheat bread, cubed

2 Tablespoons butter

2 Tablespoon parmesan cheese

vegetable oil spray

Makes 6 servings

Instructions

1. Combine tomatoes, onion, salt, and pepper.
2. Spray 1½ casserole dish with vegetable oil spray.
3. Alternate layers of tomato mixture and bread cubes into dish. Dot with butter .
4. Bake in 375° F oven, 20 to 25 minutes.
5. Sprinkle parmesan cheese over top of tomatoes for the last 10 to 15 minutes of baking.

Notes:

- For added flavor add 2 Tablespoons minced green pepper.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 100	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 600mg	**25%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 4g	

Vitamin A 15% • Vitamin C 35%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

27% calories from fat

Source: Cornell Cooperative Extension Office of Schoharie County. January 2010

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