

Studio 5

Friday, October 12, 2007

“Oven Grilled Tomato Basil Toast”

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Dairy Farmers of Utah

Great breakfast sandwich using ripe fall tomatoes! Also makes an easy supper. Serves 6

Ingredients:

- 6 slices whole wheat bread
- 1 tablespoon butter
- 6 eggs
- Salt and pepper to taste
- 1 tablespoon chopped fresh basil
- 6-8 tomato slices (1/4 inch thick)
- 6 tablespoon shredded Parmesan cheese
- 6 tablespoons shredded sharp Cheddar cheese

Method:

Preheat oven to 400 degrees. Spray non-stick baking sheet with spray.

Tear or cut hole in center of each slice of bread (approximately 2” diameter). Discard or eat bread holes. Lightly butter bread and place butter side down on prepared baking sheet; lightly butter top side of bread. Break eggs and place one egg in middle of each bread slice; salt and pepper to taste. Evenly sprinkle chopped basil on bread and eggs.

Slice tomatoes into 1/4 inch thick slices. Place tomato slices on each bread slice. Sprinkle with 1 tablespoon Cheddar cheese and 1 tablespoon Parmesan cheese. Place baking sheet in upper half of oven. Bake approximately 15-17 minutes or until egg is cooked and cheese begins to grill in the oven. Serve hot.



Nutrition Facts

Serving Size 1 slice	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	27%
Cholesterol 230mg	76%
Sodium 360mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 13g	
Vitamin A 15%	• Vitamin C 8%
Calcium 15%	• Iron 10%
*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	