

TOMATO & Mozzarella BURGER



Recipe of the Month | **AUGUST**

WAC Fun Food Fact

Fresh mozzarella is a great source of calcium without as much salt as regular hard cheeses. Try this “sandwich” to help cut down on bread.

NUTRITIONAL
INFORMATION Per Serving
Calories 182 calories, Calories 64 calories from fat, Fat 13 g,
Sat Fat 6 g, Cholesterol 30 mg, Sodium 196 mg, Protein 8 mg,
Carbohydrate 8 g, Fiber 2 g, Iron 0.6 mg, Calcium 22 mg

INGREDIENTS

- 6 large ripe tomatoes (about 2 1/2 pounds)
- 2 tablespoons olive oil
- kosher salt and black pepper
- 1 large clove garlic, thinly sliced
- 8 ounces fresh unsalted mozzarella
- 2 sprigs fresh basil, leaves picked

DIRECTIONS

- 1** Heat oven to 450° F. Slice a thin piece from the bottom of each tomato so the tomatoes sit upright. Slice each in half horizontally.
- 2** Arrange the tomato halves, cut-side up, on a foil-lined shallow roasting pan or rimmed baking sheet.
- 3** Drizzle the tomatoes with the oil. Season with 1 teaspoon salt and ¼ teaspoon pepper. Scatter the garlic over the tomatoes.
- 4** Roast until softened and warmed through, about 15 minutes. (Underripe tomatoes may take 5 to 15 minutes longer.)
- 5** Meanwhile, cut the mozzarella into six ½-inch-thick slices. Using a spatula, sandwich each slice between 2 hot tomato halves. (The heat will melt the cheese slightly.)
- 6** Drizzle the tomatoes with any juices that collected in the roasting pan and serve with the basil.