



Skillet-Seared Tomatoes with Melted Gruyere

2 tablespoons extra-virgin olive oil
4 large ripe but firm plum tomatoes, halved lengthwise (about 1 1/4 pounds)
2 tablespoons finely chopped flat-leaf parsley
1 medium clove garlic, minced
1/2 teaspoon sugar, (optional)
1/2 teaspoon kosher salt
Freshly ground pepper, to taste
3/4 cup shredded Gruyere, Comte, fontina or mozzarella cheese

- Heat a 12-inch heavy stainless-steel or cast-iron skillet over medium heat until hot enough to sizzle a drop of water. Add oil. Arrange tomatoes cut-side down in the pan and cook, uncovered, until just tender and the undersides are darkened, 10 to 15 minutes.
- Mix parsley and garlic in a small bowl
- Using a wide spatula, carefully turn each tomato cut-side up. Reduce the heat to medium-low. Sprinkle each tomato with sugar (if using), salt and pepper, followed by equal portions of the parsley mixture and shredded cheese. Cover and cook until the cheese is melted, about 2 minutes. Serve warm.

Yield: 4 servings

Nutrition:

Per serving : 178 Calories; 14 g Fat; 5 g Sat; 8 g Mono; 22 mg Cholesterol; 7 g Carbohydrates; 7 g Protein; 2 g Fiber; 317 mg Sodium; 344 mg Potassium