

Roasted Tomatoes Provencale with Garlic, Capers and fresh herbs

Preheat oven to 400 degrees

8 large firm tomatoes
kosher salt
1 1/2 cups fresh sourdough coarse bread crumbs
6 tablespoons chopped fresh parsley leaves
2 tablespoons fresh thyme leaves
1/4 cup grated fresh Parmesan cheese
4 cloves garlic, blanched and minced
2 tablespoons capers, drained and rinsed
fresh ground black pepper
olive oil
vegetable oil cooking spray

Cut tops off tomatoes and discard. Carefully seed the tomatoes, leaving the shells intact. Lightly salt the interior of the tomatoes.
Place tomatoes, cut side down, on paper towels to drain for 15 minutes.

Combine breadcrumbs, parsley, thyme, cheese, minced garlic and capers in a small bowl. Salt and pepper to taste.

Heat olive oil over medium heat in a skillet large enough to hold all the tomatoes. Place the tomatoes, cut side down in the skillet and saute for 5 minutes. Remove from the heat and turn the tomatoes cut side up.

Spoon 2-3 tablespoons into and over the tomatoes.

Spray the breadcrumbs with cooking spray and lightly salt.

Bake at 400 degrees for 30 minutes or until the breadcrumbs are browned.
Garnish with thyme and serve with French Lentils w leeks and carrots

Serves 8 as side or with a salad

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