

Broccoli Tomato Cups

	Conversion Factor	Original Yield	Desired Yield
desired yield			
----- = conversion factor			
original yield		6 - 8	
Original Yield x Conversion Factor = Desired Yield			
soft bread crumbs, divided		1 ½ c.	
grated Parmesan cheese, <i>divided</i>		1 c.	
tomatoes		6 to 8 medium	
broccoli, chopped		2 cups	
cheddar cheese, shredded		4 oz.	
mayonnaise		¼ c.	
S & P		tt	

1. Combine ½ cup of bread crumbs and ¼ cup Parmesan cheese; set aside.
2. Cut a thin slice off the top of each tomato; scoop out pulp and place in a strainer to drain.
3. Place tomatoes upside down on paper towels.
4. Cook the broccoli until crisp-tender; drain.
5. Chop tomato pulp and place in a large bowl.
6. Add broccoli, cheddar cheese, mayonnaise, salt, pepper and remaining crumbs and Parmesan; mix gently.
7. Stuff tomatoes; place in a greased 11-in. x 7-in. baking dish.
8. Sprinkle with reserved crumb mixture.
9. Bake, uncovered, at 375° for 30-40 minutes.
10. Yield: 6-8 servings.