

SIDE DISH

Baked Dijon Tomatoes

16 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
715 min	715 min	4	\$0.53	65 kcal

You can never have too many side dish recipes, so give Baked Dijon Tomatoes a try. This recipe makes 4 servings with 65 calories, 3g of protein, and 2g of fat each. For 53 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. 1 person were impressed by this re...

Ingredients

- ☐ ¼ cup Italian breadcrumbs
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 2 teaspoons light mayonnaise
- ☐ 16 ounces medium tomatoes, halved crosswise (about each)
- ☐ 2 teaspoons Dijon mustard
- ☐ 1 Dash ground red pepper
- ☐ 2 tablespoons freshly grated Parmesan cheese

EQUIPMENT Bowl, Baking sheet, Oven

Method

- 1

Coat a nonstick baking sheet with cooking spray.
- 2

Place tomatoes, cut side up, on baking sheet.
- 3

Combine mayonnaise, mustard, and red pepper in a small bowl; stir well. Set aside.
- 4

Combine breadcrumbs, parsley, and cheese.

- 5 Spread about 1 teaspoon mayonnaise mixture on cut sides of each tomato. Top each tomato evenly with breadcrumb mixture.
- 6 Bake at 400 for 12 to 15 minutes or just until tomato is tender.
- 7 Remove from oven, and let stand 5 minutes before serving.

Nutrition per serving

65	3 g	2 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 4% of daily needs
Fibre			1.8 g · 7% of daily needs
Sugar			3.5 g · 4% of daily needs
Sodium			144 mg · 6% of daily needs
Cholesterol			2.5 mg · 1% of daily needs
Vitamin C			18.2 mg · 22% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/baked-dijon-tomatoes-142861