

JOJO'S TOMATOES WITH HERBED GOAT CHEESE

Serve these cheese-topped tomatoes alongside a green salad or with a collection of small salads or crudites.

INGREDIENTS:

- 5 ounces fresh goat cheese, at room temperature
- 1 small garlic clove, minced to a paste with salt
- 1 tablespoon finely minced Italian parsley
- 1½ teaspoons finely minced fresh thyme
- 1½ teaspoons finely minced fresh savory, tarragon or chives
- 1½ to 2 tablespoons extra virgin olive oil, or as needed
- Salt and freshly ground pepper to taste
- 6 small slicing tomatoes

INSTRUCTIONS: Mix together the goat cheese, garlic and herbs until well blended. Add enough olive oil to make a smooth, creamy spread. Season with salt and pepper. Refrigerate briefly to make the mixture firm enough to pipe through a pastry bag.

Bring a pot of water to a boil over high heat. Prepare a bowl of ice water. Cut an "X" in the rounded side of each tomato. Blanch the tomatoes in the boiling water for about 30 seconds, then transfer to the ice water. When cool, peel and core the tomatoes; the skin should slip off easily. Cut each tomato in half horizontally.

Fill a pastry bag with the seasoned cheese, or use a heavy-duty plastic bag with the corner snipped. Pipe some of the cheese onto each tomato half.

Serves 6

PER SERVING: 115 calories, 5 g protein, 5 g carbohydrate, 9 g fat (4 g saturated), 11 mg cholesterol, 96 mg sodium, 1 g fiber.