

Cherry Tomato Scoops

These red bites are full of many flavors.

Servings: 6

- "2 cups (one pint) cherry tomatoes
- "1 3-ounce package fat free cream cheese
- "2 tablespoons fresh lemon juice
- "1/4 cup grated Parmesan cheese
- "1/4 cup roasted sunflower seeds
- "3/4 cup fresh parsley, chopped
- "1/3 cup fresh basil, shredded
- "2 cloves garlic, crushed

Wash and pat dry cherry tomatoes. Cut 1/4 inch off top of each tomato. Scoop out pulp. Drain tomatoes upside down on paper towels.

Meanwhile, beat cream cheese and lemon juice in a small bowl until smooth. Combine with Parmesan, sunflower seeds, parsley, basil and garlic. Mix well.

Spoon cream cheese mixture into tomatoes. Chill for 30 minutes.

Do not prepare too far in advance - the basil tends to become bitter.

Per Serving: 63 Calories
3g Fat (41.0% calories from fat)
5g Protein
5g Carbohydrate
1g Dietary Fiber
4mg Cholesterol
148mg Sodium