

GRILLED RED TOMATOES

Ingredients for 6 people

<i>6 red tomatoes</i>	<i>20</i>
<i>oil, salt, pepper and garlic as you prefer</i>	
<i>parsley and basil</i>	
<i>total calories (about)</i>	<i>20</i>

Preparation

Wash and cut the tomatoes in a half in horizontal sense.

Empty and leave them to drain upside down for few minutes.

Leave them in an abundant seasoning made of oil, salt and pepper, if you do not have to meet people, add garlic...

The grill must be particularly warm.

Makes them grill on both sides and in the end season them with oil, salt and pepper, parsley and basil, and if you like garlic (I never use it).

Use tomatoes with a great shape, 14 - 15 centimeters of length, and more than 150 grams of weight.

*Usually they are associated to the typical grill that takes place during the summer in the country.
Good as appetizers.*