


Grilled Tomatoes

Ingredients

- 2 firm, ripe tomatoes (not overly ripe or they will fall apart when you grill them), cut in half around the middle
- CO-OP Gold Olive Oil 100% Extra Virgin 
- Kosher salt
- Freshly ground black pepper
- 4 basil leaves, thinly sliced




Method

1. Seed the tomatoes: Standing over a sink, use your fingers to gently dislodge and remove the watery pulp and seeds. (Although the seeds and pulp contain a lot of flavors, when you grill the tomatoes they are going to be lost anyway.)
2. Grill the tomatoes cut-side-down:
3. Preheat your grill on high heat for direct grilling. Use a grill basket or fine grill grate if you can, it will make it much easier to work with the tomatoes (or any other vegetables you grill).
4. Season the tomatoes with salt and pepper. Brush the cut side of the tomatoes with olive oil. Brush the grill grate or grill pan with olive oil.
5. Place the tomatoes, cut side down, on the grill surface. Cover the grill and let cook for about 4 minutes. (Check after 2 minutes.)
6. Serve: Place on a serving dish, cut side up. Drizzle a little more olive oil on the tomatoes. Sprinkle with just a little more salt and pepper. Sprinkle with thinly sliced basil.

https://www.simplyrecipes.com/recipes/grilled_tomatoes/

Grilled Tomatoes with Cheese

Ingredients

- 4 Roma tomatoes
- 1 tsp garlic powder
- kosher salt and black pepper
- 1 cup CO-OP Gold Cheese Monterey Jack 28%, shredded 
- 2 Tbsp Parmesan cheese, *grated*
- oil, *for brushing the grill*
- 1 tsp dried oregano
- 1 tsp dried parsley



Instructions

1. Preheat the grill to medium.
2. Cut each tomato in half lengthwise and scoop out the seeds and membrane. Season the inside of each tomato shell with garlic powder, salt and pepper.
3. Fill each tomato shell with approx. 2 Tbsp of shredded Monterey Jack cheese and top with about 1 tsp of Parmesan cheese.
4. Brush the grill grates with oil, place the tomatoes on the grill and close the lid. Grill for about 4–5 minutes, just until the cheese melts. (Do not leave the tomatoes on the grill too long or they'll become too soft and possibly collapse.)
5. Just before serving, place tomatoes under an oven broiler to brown the cheese.
6. Remove the tomatoes from the broiler and sprinkle with dried oregano and parsley. Allow the tomatoes to cool just a few minutes before serving. Enjoy!

Notes

Be a little adventurous and use heirloom tomatoes for this recipe. They are less mealy than commercially-grown tomatoes AND they look cooler!

<https://everydaydishes.com/simple-food-recipes/grilled-tomatoes-with-cheese-recipe/>