

RECIPES

Roasted Tomatoes with Herbs



Ingredients (2 serving)

- Non-stick cooking oil spray, as needed
- 2 tomatoes, washed
- 2 teaspoons olive or canola oil
- 1/4 teaspoon pepper
- 1/2 teaspoon dried parsley
- 1 teaspoon minced garlic
- 1-2 tablespoons grated Parmesan cheese

Note: You can also make this dish in a toaster oven.

Nutrition Information per serving

67 calories, 4.3 g fat, 1 g sat fat,
2.8 g protein, 4.8 g carbohydrate,
1 g fiber, 138 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Preheat oven to 425°.
3. Spray a large baking sheet with cooking oil spray.
4. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
5. Drizzle tomatoes with half of the oil and season with pepper.
6. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
7. Mix the remaining oil, parsley, garlic and cheese in a small bowl.
8. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
9. Return to oven for another 10 minutes or until spices begin to brown.

TOMATOES

Choose: smooth, firm tomatoes with no cracks or soft spots.

Store: at room temperature. Once you cut them, store them in the refrigerator.

How much? 1 large tomato = 1 cup chopped