

Roasted Tomatoes with Herbs

Cook time: 40 minutes

Makes: 6 servings

Ingredients

cooking oil spray, as needed (non-stick)

6 tomatoes (washed)

2 tablespoons olive oil (or canola oil)

1/2 teaspoon pepper

1 tablespoon dried parsley

1 tablespoon garlic (minced)

2 tablespoons Parmesan cheese

Directions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.

8. Return to oven for another 10 minutes, or until spices begin to brown.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar