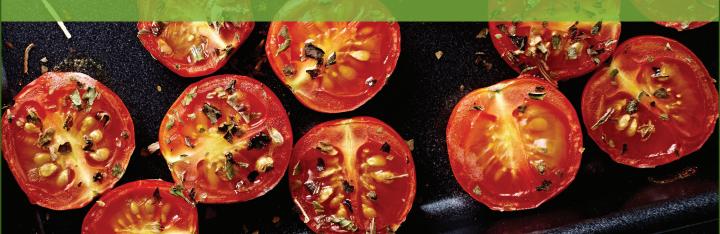
Recipes Roasted Tomatoes with Herbs



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

Adapted from University of Maryland Extension Food Supplement Nutrition Education Program. Recipe Calendar (2009). Roasted Tomatoes with Herbs. What's Cooking? USDA Mixing Bowl.



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