

ROASTED TOMATOES WITH HERBS

From USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/>

Ingredients

- Non-stick cooking oil spray, as needed
- 6 tomatoes, washed
- 2 Tbsp. olive oil or canola oil
- ½ tsp. pepper
- 1 Tbsp. dried parsley
- 1 Tbsp. minced garlic
- 2 Tbsp. Parmesan cheese

Instructions

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.
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.

Makes 6 servings (1 tomato per serving)

Cost

Per Recipe: \$ 5.46

Per Serving: \$ 0.91

Nutritional information per serving (6 servings)

Calories: 90

Calories from fat: 50

Total fat: 6g

Saturated fat: 1g

Trans fat: 0g

Cholesterol: 0mg

Sodium 30mg

Total carbohydrate: 37g

Dietary fiber: 1g

Sugars: 4g

Protein: 2g

Vitamin A: 20%

Vitamin C: 40%

Calcium: 4%

Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center