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Prevent and Protect  
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## **AROMATIC SLOW-ROASTED TOMATOES**

COOKING LIGHT MAGAZINE – NOVEMBER 2012

SERVES 8 – SERVING SIZE: 4 TOMATOES HALVES

### **INGREDIENTS:**

- 1 tablespoon sugar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon freshly ground black pepper
- 4 pounds plum tomatoes, halved lengthwise (about 16 medium)
- Cooking spray

- Preheat oven to 200 degrees.
- Combine sugar, extra-virgin olive oil, salt, basil, oregano, pepper, and tomatoes in a large bowl, tossing gently to coat tomatoes.
- Arrange the tomatoes, cut sides up, on a baking sheet coated with cooking spray. Roast at 200 degrees for 7 ½ hours.

CALORIES 63; FAT 2.2G; PROTEIN 2G; CARB – 10G; FIBER 2.9G; CHOL 0MG; IRON 0.7MG; SODIUM 157MG;  
CALC 26MG