



### ***Recipe for-***

### **Easy Veggies: Roasted Tomatoes**

Tomatoes are loaded with nutrients that are part of a healthy diet. Use fresh tomatoes for this recipe, but as you plan family meals consider using tomatoes in all forms; fresh, frozen and canned. Roasted tomatoes are sweet and full of flavor. They can be eaten right out of the oven, as a side dish, used in recipes such as tomato soup, stews, sauces, or casseroles.

### **Ingredients:**

Fresh plum tomatoes, as many as you like!  
Olive oil  
Sprinkle of salt & pepper  
Sprinkle of dried oregano

### **Preparation steps:**

Rinse tomatoes, pat dry with paper towels, then, cut in half lengthwise. Sprinkle the tomatoes with salt, then turn cut side down on a baking sheet covered with paper towels. Allow the tomatoes to stand for 1 hour to allow excess moisture to be extracted. After 1 hour remove and discard the paper towels.

Preheat oven to 350 degrees.

Arrange the tomato halves in a single layer, cut side up, on a baking sheet. Sprinkle the tomatoes with salt, pepper & dried oregano.

Bake for 1 hour and 15 minutes. The finished product will be very tasty, and sweet tomato packing with flavor. Enjoy immediately after roasting, or save to add to a salad, use as a side dish, or use in making tomato soup.

Enjoy the freshness of Roasted Tomatoes!