

Roasted Italian Tomatoes

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Yield: 10 pieces

Prep Time: 10 minutes

Total Time: 1h 30 minutes

These roasted Romatalia® tomatoes make a great accompaniment to meat and fish dishes, but they are also great blended into a quick pasta sauce! They are just bursting with flavor in every delicious bite!

Ingredients:

- 5 Roma tomatoes
- 1 ½ tablespoons olive oil
- 1 ½ cloves garlic, minced
- 1/2 cup diced sweet onion
- 1 ½ teaspoons Italiano Seasoning
- 1 teaspoon sugar
- Salt and pepper to taste

Directions:

1. Line a baking sheet with parchment paper or foil and set aside
2. Preheat oven to 300° F
3. Halve the tomatoes and place in large bowl. Add olive oil, garlic, onion, seasoning and sugar and toss well
4. Place the tomato halves on the prepared baking sheet and top evenly with all the oil mixture. Season with salt and pepper
5. Roast in oven for 1 hour. Turn the temperature up to 425° F and roast for another 15 minutes or until the tops are slightly charred
6. Remove from baking sheet and place on serving plate

Cooking Tips:

Use immediately as a side dish or save and blend to use as a base for a tomato pasta sauce.



Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 4, Amount Per Serving: Calories 77, Total Fat 5.5g (7% Daily Value), Saturated Fat 0.8g (4% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 6mg (0% Daily Value), Potassium 295mg (6% Daily Value), Carbohydrate 7.2g (3% Daily Value), Dietary Fiber 1.7g (6% Daily Value), Sugars 4.6g, Protein 1.2g.

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