

Oven Roasted Tomatoes

Recipe courtesy of Skinnytaste.com

Servings: 7 • **Size:** 1/2 cup • **Old Points:** 1 pts • **Points+:** 1 pts

Calories: 53 • **Fat:** 2 g • **Protein:** 1 g • **Carbs:** 8.5 g • **Fiber:** 1.5 g • **Sugar:** 5.5 g

Sodium: 282 mg (without salt)

Ingredients:

- 1 tbsp extra virgin olive oil
- 4 cloves garlic, peeled and thinly sliced
- 8 sprigs of fresh thyme
- 4 sprigs of fresh rosemary
- salt and pepper to taste
- 4 lbs plum tomatoes*



Directions:

Preheat the oven to 450° F.

Divide the olive oil and **pour** onto the bottom of two large rimmed baking sheets; **add** the garlic, thyme, rosemary, and salt and pepper.

Cut the tomatoes in half horizontally and remove the stems. **Toss** the tomatoes with the oil and seasonings, then **lay** them down cut side down on the dish.

Roast in the oven until the tomatoes wilt and become softened, about 30-35 minutes, the tomatoes will start to wrinkle. Depending on the size of your tomatoes, cooking time will vary so keep an eye on them. When done, remove from oven and let them cool. The skins will come off easily; **remove** and **discard** skins and herbs then coarsely chop the tomatoes. **Adjust** salt as needed and place in a jar or use right away.

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