

Oven-Roasted **Tomatoes**

- 4 cups **grape** or **cherry tomatoes**
- 2 cloves **garlic**, coarsely chopped
- 1 **shallot**, coarsely chopped
- 2 tbsp **olive oil**
- 1 tsp each dried **oregano** and **basil**
- ¼ tsp each **salt** and **pepper**

Preheat oven to 400°F. Line a rimmed baking sheet with aluminum foil or parchment paper. In a medium-size bowl, combine all ingredients. Mix well. Pour contents onto baking sheet, using a spatula to scrape out the olive oil and herbs. Bake for 25 minutes. Serve as a side dish, or on pasta, chicken, spaghetti squash or toasted baguette slices.

Makes 4 servings. Per serving:

103 calories | 2g protein | 7g total fat | 1g saturated fat | 5g mono fat | 1g poly fat
0mg cholesterol | 8g carbohydrate | 1g sugar | 2g fiber | 159mg sodium