



Roasted Plum Tomatoes

- 2 pounds Roma tomatoes, fresh and in season (about 10 tomatoes)
- 3 cloves garlic, minced
- 2 Tbsp. extra-virgin olive oil

Preheat oven to 200°F (95°C).

Carefully cut tomatoes in half lengthwise and place cut side up on a shallow baking pan or cookie sheet. Drizzle olive oil and sprinkle minced garlic over tomatoes. Add a bit of salt and pepper, to taste.

Bake, uncovered for 4 hours or more. The tomatoes should be fairly shriveled looking and very aromatic.

Cool to room temperature and serve as an appetizer on crackers or thin slices of French bread.

Nutrition analysis: Calories: 43; total fat: 3g; percent of calories from fat: 57%; Protein: 1g; Carbohydrate: 4g; Cholesterol: 0mg; Sodium: 8mg