

oven-roasted tomatoes



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Ingredients:

10 ripe large Roma (egg) tomatoes, halved lengthways
extra virgin olive oil cooking spray
1 tsp sea salt*
ground black pepper
2 tsp caster sugar

**Sea salt is best for this recipe. Table salt can be substituted however use less – lightly sprinkle to your taste.*

Health benefits of Roma tomatoes:

- An excellent source of vitamin C, which helps protect the body against infection.
- Provide lycopene, one of the carotenoids that is important for good health, especially of the prostate in men.
- The redder the tomato, the higher its level of lycopene and also its beta carotene (converted into vitamin A in the body).

Method:

1. Preheat oven to 180°C. Place tomatoes cut-side up in a single layer on a rack in a large baking dish or on a baking tray lined with baking paper.
2. Spray tomatoes evenly with oil. Sprinkle with sea salt, pepper and sugar. Roast for 40–50 minutes or until very soft but still holding their shape.
3. Remove tomatoes from oven and leave on rack to cool. Serve warm or at room temperature. Store in a shallow airtight container in the fridge for up to 1 week.

Serving ideas for oven-roasted tomatoes:

- Team with sliced bocconcini and baby rocket for a quick salad
- Use on a pizza topping
- Serve on whole grain toast with ricotta for breakfast

Serves: 4

Preparation: 15 minutes
(+ cooling time)

Cooking: 40–50 minutes