

Oven Roasted Tomato Sauce

Yield: 10 servings

Ingredients

14 each Roma tomatoes
 3 cloves garlic; finely chopped
 3 tablespoons onion; diced
 3 tablespoons olive oil
 ¾ teaspoon kosher salt
 ½ teaspoon black pepper
 ½ teaspoon sugar
 3 teaspoons Italian seasoning;
 salt free
 2 tablespoons fresh basil; finely
 chopped
 3 teaspoons fresh rosemary;
 finely chopped

Instructions

1. Preheat the oven to 375 degrees. Line a baking sheet with parchment paper.
2. In a sauté pan add olive oil and heat.
3. Add the onion and garlic. Sauté until the onions are translucent (clear).
4. Add salt, pepper, Italian seasoning and sugar and stir to combine. Set aside.
5. Cut tomatoes in half and place in a large mixing bowl, pour in the olive oil mixture over the top and toss with a spoon. Make sure all tomatoes are well covered.
6. Place tomatoes cut side up on the baking sheet. Sprinkle with fresh basil and any remaining olive oil mixture from the prep bowl.
7. Place on middle rack in the oven. Cook for 30 minutes at 375 degrees until the tomatoes start to brown.
8. If you prefer a brighter tomato sauce pull them out before they brown.
9. Remove pan from oven and transfer tomatoes to food processor bowl. Process until tomato sauce is at your desired consistency.

Nutrition Information

Serving Size: ½ cup
 Calories: 93
 Total Fat: 2.9 g
 Saturated Fat: 0.4 g
 Monounsaturated Fat: 1.6 g
 Sodium: 199.9 mg
 Total Carbohydrate: 16.4 g
 Dietary Fiber: 4.5g
 Sugars: 11.9 g
 Protein: 3.5 g

Source: Spectrum Health Culinary Medicine
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