

Roasted Tomatoes with Thyme

Adapted slightly from Ina Garten



12 plum tomatoes, halved lengthwise, cores and seeds removed

4 tablespoons EVOO

1 1/2 tablespoons balsamic vinegar

2 large garlic cloves, minced

2 teaspoons sugar, optional

1 1/2 teaspoons kosher salt

1/2 teaspoon freshly ground black pepper

10 sprigs fresh thyme

Per Serving (excluding unknown items): 170 Calories; 14g

Fat (70.5% calories from fat); 2g Protein; 11g

Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 879mg

Sodium; 8g Total Sugars; 0mcg Vitamin D; 29mg

Calcium; 1mg Iron; 464mg Potassium; 50mg Phosphorus.

Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTE: I generally don't add sugar - ripe tomatoes have plenty of sweetness.

1. Preheat the oven to 450° F. Place a piece of parchment paper in a large roasting pan and bend up the edges if possible so the juices don't ooze out onto your pan (the juices will burn something fierce on the super-hot metal). You may also use foil, but parchment works better.

2. Arrange the tomatoes on the lined sheet pan, cut sides up, in a single layer. Drizzle with olive oil and balsamic vinegar. Sprinkle the garlic, sugar (if using), salt, and pepper over the tomatoes. Spread the thyme sprigs across the tops of the tomatoes.

3. Roast for 25 to 30 minutes, until the tomatoes are concentrated and beginning to slump down and caramelize (which may take up to 45-55 minutes). Remove from oven, cool, then carefully, over the tomatoes, strip the thyme sprigs of their leaves, and discard the stems.

4. Serve warm or at room temperature. Can be used in a salad with mozzarella cheese, or ricotta, chopped up on top of a block of cream cheese with crackers, or eaten straight, warm or at room temp, for a delicious sugar bomb in your mouth!