

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Recipe for Slow-Roasting Tomatoes

Slow-roasting tomatoes intensifies and concentrates their natural sweetness. This recipe can easily be halved or multiplied. Larger tomatoes require a longer roasting time.

Makes about 2 cups of tomatoes

Active time: 15 minutes

Total time: 4 hours 15 minutes

2 pounds small to medium tomatoes

2 large cloves garlic, peeled, thinly sliced

¼ cup extra virgin olive oil

Few twists freshly ground pepper

Large pinch coarse salt

Optional: few sprigs fresh thyme and/or rosemary

Preheat the oven to 250 degrees.

Core, and halve the tomatoes. Toss them with the sliced garlic, olive oil, pepper, salt and optional herbs.

Line a baking sheet with parchment paper for easy cleanup. Place the tomato halves cut side down on top of the herbs and sliced garlic. Space the tomatoes so they aren't touching one another.

Bake for two hours.

Turn the tomatoes cut side up. Bake for two more hours.

When done, their fragrance will be heavenly. The tomatoes will be soft, shriveled and their edges caramelized.

Slow-Roasted Tomatoes will keep a week in the fridge. Or store them in the freezer for up to 6 months.

