Roasted Cherry Tomato Sauce

Recipe

Serves 4-6

Ingredients
• 1 lb cherry tomatoes
• 2 tablespoons extra virgin olive oil
• 10 cloves garlic, minced
• 1 large onion, diced
• 1 28 oz can crushed tomatoes, no salt added
• 1 cup chicken broth
• 1 teaspoon honey, more to taste
• 1 tablespoon balsamic vinegar
• 2 stems rosemary
• 4 stems thyme
• Salt and pepper to taste
• 1/4 cup fresh basil, chopped

Directions
1. Preheat your oven to 400 F. Prepare a large baking dish by lining it with parchment paper.
2. In a large bowl toss together the tomatoes, garlic, and onions together.
3. Pour into prepared baking sheet.
4. Roast tomatoes in the oven until tomatoes begin to brown and shrivel, about 30 minutes.
5. Pour cooked tomatoes and juice into a saucepan, add crushed tomatoes, broth, honey and balsamic vinegar together.
6. Tie rosemary and thyme together with kitchen twine and add into tomato sauce.
7. Bring tomato mixture to a boil over medium high heat, reduce heat to medium low and simmer for 10 - 15 minutes. Season with salt and pepper and stir in

Nutritional Information

Nutrition
Serving Size: 354 grams
Calories 161
Calories from fat 53
Total Fat 5.9 grams (9%)
Saturated Fat 0.9 grams (4%)
Trans Fat 0.0 grams
Cholesterol 0 mg (0%)
Sodium 465 mg (19%)
Total Carbohydrate 0 grams (0%)
Dietary Fiber 6.8 grams (27%)
Sugars 13.9 grams
Protein 6.3 grams

Vitamins
Vitamin A: 48%
Vitamin C: 45%
Calcium: 11%
Iron: 16%

Good Points
No cholesterol
High in dietary fiber
Very high in vitamin A
Very high in vitamin C

Nutrition Grade
A-

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Shown here with Herbed Whole Wheat Vegetable Pasta and Turkey Bulgur Meatballs

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 27, 2012