

This recipe uses the big tomatoes from SoulFood Greenhouse. It makes a great topping for pasta, corn grits (polenta), fish, chicken, or a frittata.



Photo Credit: Jani H. Leuschel

Oven Roasted Melty Tomato Topping

Ingredients:

- 2 to 4 large tomatoes, cored, cut into medium wedges
- 1 medium onion, sliced into rings
- 2 to 3 garlic cloves, quartered or roughly chopped
- Salt and pepper to taste
- ½ teaspoon sugar
- ½ t red pepper flakes (optional)
- 1 teaspoon of oregano or Italian seasoning
- 2 T olive or vegetable oil

Instructions:

1. Wash hands thoroughly for 20 seconds.
2. Preheat oven to 425°F. Line a rimmed baking sheet with foil (extra-wide, heavy-duty, if possible).
3. Arrange tomato wedges on baking sheet and scatter onion rings and garlic over the top. Season with salt, red or black pepper, sugar, and oregano or Italian seasoning. Drizzle with olive oil.
4. Roast for 15 minutes and stir. Continue to cook for 5-10 more minutes.

5. Remove from oven and gather up the edges of foil forming a bowl so that the sauce puddles in the middle. Pour onto pasta or spoon atop chicken, fish, or eggs.

✓ *Serves 4 (or more)*

✓ *137 calories per serving*

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.

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