



Roasted tomatoes

Serves 3-4 as a side

This is another one in my series of making veg more exciting. With tomatoes I especially find that the cheap ones are tasteless and can have a horrible texture – completely the opposite of what I’m looking for. This is a shame because tomatoes are full of vitamins including vitamin C, but also polyphenols like lycopene which is important for skin health. Despite cheap tomatoes not tasting very good, many studies have found them to contain similar quantities of beneficial nutrients as the ones that taste nice. Roasting them in this way makes even the most bland tomato delicious so getting these nutrients doesn’t have to break the bank.

Ingredients

- 500g tomatoes, quartered
- 1 bulb garlic
- 4 tsp olive oil
- 1 tsp dried mixed herbs

Method

Preheat the oven to 200C

Add the tomatoes to a roasting tin. Separate the garlic bulb into cloves but leave the peel on and scatter them in between the tomatoes.

Drizzle over the olive oil and top with the herbs. Cook in the oven for around 15-20mins.

You can squeeze out the roasted garlic from the peel when it has cooled slightly. I always let everyone do their own which does make for delicious garlicky fingers!

Nutrition Facts

Servings: 4

Amount per serving

Calories **74**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.7g **4%**

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 7.5g **3%**

Dietary Fiber 1.7g **6%**

Total Sugars 3.4g

Protein 1.6g