Rosemary Roasted Cherry or Grape Tomatoes

This recipe was passed on to me from a UA employee after she attended a Life & Work Connections Mediterranean Lunch demonstration. One of the tenants of the Mediterranean way of eating is to move towards a plant-based diet that emphasizes fresh vegetables and fruit. It is a perfect time of year to focus on tomatoes. As local gardeners know - the cherry and grape varieties are ripe and bountiful this month.

I found this recipe to be delicious and simple to prepare. My house was so fragrant for a couple of days. I added the roasted tomatoes to some cooked brown rice pasta, cannelloni beans, chopped spinach, toasted pine nuts and a little fresh shredded parmesan cheese for a quick and tasty meal.

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Makes 4 (3/4 cup) servings

**Ingredients:**
2 pints cherry or grape tomatoes  
1 teaspoon olive oil  
1½ teaspoons chopped fresh rosemary  
2 garlic cloves, minced  
¼ teaspoon salt  
¼ teaspoon fresh ground black pepper  
Olive oil cooking spray

Combine the first six ingredients in a zip-top plastic bag. Gently shake the bag until tomatoes are well coated. Transfer to a foil or parchment lined jelly-roll pan sprayed with the olive oil spray. Bake at 425˚, stirring occasionally, for about 15 minutes or until the tomatoes begin to burst.

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**Nutrition Facts per serving:**
Calories: 50  
Total fat: 1.6 grams  
Saturated fat: .2 grams  
Protein: 1.4 grams  
Carbohydrate: 7.6 grams  
Fiber: 1.7 grams  
Sodium: 161 mg