

Side

# Oven-Roasted Italian Tomatoes

**5 Mins**  
Prep Time

**15 Mins**  
Cook Time

**6**  
Servings

**60 Calories** **5g Fat** **4g Carbs** **1g Protein**



## Ingredients

**6 Servings** **20 Mins Total Time** **Allergens: N/A**

2 Pints Cherry Tomatoes, washed

2 Tbsp Olive Oil

½ Tsp Italian Seasoning

½ Tsp Garlic Powder

Salt and Pepper, to taste

### Nourishment Note



#### Tomatoes

Tomatoes are an excellent source of many nutrients, including folate and vitamin A, both of which are especially important for those with Crohn's disease and ulcerative colitis.



#### Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.

## Instructions

### 1. Preheat Oven

Preheat oven to 400°F. Evenly coat baking sheet with non-stick cooking spray.

### 2. Prep Tomatoes

Spread tomatoes in an even layer on the baking sheet and drizzle with olive oil. Sprinkle the Italian seasoning, garlic powder, salt, and pepper over the tomatoes and stir to evenly coat.

### 3. Roast Tomatoes

Place tomatoes in the oven and roast until the tomatoes are wrinkled and beginning to brown on the bottom, approximately 15-20 minutes.

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Baking Sheet



Measuring Spoons



Spoon



Cooking Spray

### Remission Remix

- Swap garlic powder for 3 cloves of chopped, fresh garlic.