

Marinated Garlic Tomatoes

Ingredients:

- 4 cups cherry tomatoes
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon sugar
- 2 garlic cloves, smashed
- 1/4 cup basil leaves, torn

Directions:

1. Preheat oven to 375°F. In a baking dish lined with parchment paper, toss tomatoes with 2 tablespoons olive oil, and salt. Roast until the tomatoes have softened and started to wrinkle but remain somewhat plump, 30-40 minutes.
2. In a medium bowl, whisk together remaining 1 tablespoon olive oil, balsamic vinegar, and sugar. Stir in garlic, basil, and warm tomatoes, along with any tomato juices left in the pan. Let cool, then cover and chill overnight.
3. Bring to room temperature before serving.

Nutrition Facts	
Serving Size 1/4 cup (42g)	
Servings Per Container 16	
Amount Per Serving	
Calories 30	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 6%	• Vitamin C 8%
Calcium 0%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

