

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Marinated Tomatoes

From [www.tastykitchen.com](http://www.tastykitchen.com)

This recipe does have a little sweetener in it, but it was too good not to share! I did replace the regular sugar, which was called for in the original recipe, with the less refined sugar, Sucanat. This is great on its own as a side dish, but you could also serve it over grilled chicken, over brown rice noodles, with a warm whole grain pita, or even use leftover tomatoes to make bruschetta.

1 cup canola oil  
¼ cup balsamic vinegar  
4 Tbs Sucanat  
1 tsp salt  
Freshly ground black pepper  
3 whole green onions, sliced  
¼ cup chopped parsley  
18 whole basil leaves (chiffonade, or sliced thin)  
¼ tsp ground thyme (or 1 Tbs fresh)  
2 cloves garlic, minced finely  
2 pounds tomatoes, cut into quarters (if big) or halves (if small)\*

1. Combine all ingredients except tomatoes in a large glass bowl. Whisk to combine, then add tomatoes. (You can up the quantity of the tomatoes if need be.)
2. Allow to marinate for at least 3 to 4 hours, several hours if possible.

\*You can use regular red tomatoes, or a mixture of red, yellow, heirloom, etc. Use can also use different sizes of tomatoes to make a colorful and pretty presentation.