

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Slow Roasted Tomatoes

From [www.orangette.blogspot.com](http://www.orangette.blogspot.com)

You can use these almost anywhere you would use fresh, raw tomatoes. Try them on burgers, with eggs, or as a side dish with dinner. Dusted with a little salt and ground coriander – the secret weapon that makes this recipe a keeper - they take on a full, almost winey flavor, and they hold their shape beautifully. Don't hesitate to roast a lot at a time; they keep well in the fridge, sealed up tight, for several days.

Ripe tomatoes, preferably Roma  
Olive oil  
Sea salt  
Ground coriander

1. Preheat the oven to 200 degrees Fahrenheit.
2. Wash the tomatoes, cut off the stem end, and halve them lengthwise. Pour a bit of olive oil into a small bowl, dip a pastry brush into it, and brush the tomato halves lightly with oil. Place them, skin side down, on a large baking sheet (lined with foil or parchment paper for easy clean-up). Sprinkle them with sea salt and ground coriander - about a pinch of each for every four to six tomato halves.
3. Bake the tomatoes until they shrink to about 1/3 of their original size but are still soft and juicy, 4 to 6 hours. Remove the baking sheet from the oven, and allow the tomatoes to cool to room temperature. Place them in an airtight container, and store them in the refrigerator.