

# Sun-Dried Tomatoes

## Ingredients

- Tomatoes such as Roma, cherry or other non mushy variety - as many as desired
- Additional herbs and spices if preferred

## Instructions

1. Preheat oven to 200 degrees.
2. Clean tomatoes and slice them in half. If preferred, the seeds can be removed. Tomato halves should be uniform in size.
3. Set the tomatoes on a baking pan, skin side down.
4. Tomatoes will shrink as they dry, so they can be close together on the baking sheet.
5. Tomatoes can be seasoned with other herb and spices if desired.
6. Bake for 8-10 hours. Start checking about 5 hours into the process. Baking time will vary depending on the size of the tomatoes.

## Kitchen Classroom

Homemade sun-dried tomatoes are a fresh and tasty way to pump up the flavor in any recipe. The drying process intensifies the flavor.

Once dried, place them in an airtight container and store in the freezer. Pull them out all winter long and experience the awesome taste of garden ripe tomatoes!

Lycopene, an antioxidant found in tomatoes, seems to be best available to the body when tomatoes are cooked and eaten in a meal that provides a small amount of fat - healthy fat, of course. Scientific studies show that lycopene helps prevent prostate, lung, and stomach cancers.

Source: [www.pcrm.org](http://www.pcrm.org)

## Nutrition Information per serving

**Serving Size: 1/4 cup dried**

**Calories: 35**

**Fat: 0 gm**

**Sodium: 35 mg**

**Fiber: 2 gm**

**Carbohydrates: 8 g**

**Protein: 2 gm**

