



Roasted Roma Tomatoes on Toast



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula stemmed rinsed drained
- ☐ 0.8 cup balsamic vinegar
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 8 oz onion peeled finely chopped
- ☐ 8 roma tomatoes cored rinsed (equal size,)
- ☐ 8 servings salt

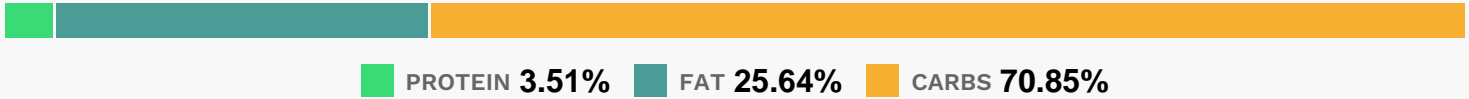
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Cut tomatoes in half lengthwise.
- ☐ Lay halves cut side up in a single layer in an 8- by 12-inch oval or rectangular casserole (rim should be at least 1/2 in. higher than tomatoes).
- ☐ In a 1 1/2- to 2-quart pan, combine onion, vinegar, sugar, olive oil, and ginger. Bring to a boil over high heat, stirring often.
- ☐ Pour over tomatoes.
- ☐ Roast in a 400 oven (convection not recommended) until tomatoes are dark brown and sauce is browned and thickened (bubbles will be large and shiny), about 1 1/4 hours; baste tomatoes with sauce and onions about every 15 minutes at first, then more frequently as mixture begins to thicken, to avoid scorching. Use hot, warm, or at room temperature.
- ☐ Spread lemon cheese equally on oiled sides of the olive-oil toast slices. Set on plates and cover equally with arugula leaves. Spoon tomatoes and juices equally onto toast slices.
- ☐ Add salt to taste.
- ☐ Lemon Cheese: In a food processor or bowl, combine 1/3 cup cream cheese (at room temperature), 1/3 cup packed fresh chvre (goat cheese), 2 tablespoons milk, and 1 teaspoon grated lemon peel. Whirl or beat with a mixer on medium-high speed until blended.
- ☐ Olive-oil toast.
- ☐ Lay 8 slices of rustic white bread such as sourdough or ciabatta (about 3 by 4 in., cut about 1/2 in. thick) in a single layer in a shallow 10- by 15-inch pan.
- ☐ Bake in a 375 oven until lightly browned on the bottom, 5 to 6 minutes. Turn slices over and brush equally with about 2 tablespoons extra-virgin olive oil. Continue baking until golden brown and crisp, 6 to 8 minutes longer. Use warm, or let cool on a rack.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:4.4291304544262%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 128.68kcal (6.43%), Fat: 3.69g (5.68%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 21.63g (7.87%), Sugar: 19.86g (22.07%), Cholesterol: 0mg (0%), Sodium: 208.91mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 11.39mg (13.8%), Vitamin A: 635.68IU (12.71%), Vitamin K: 12.57µg (11.97%), Manganese: 0.17mg (8.3%), Potassium: 255.55mg (7.3%), Vitamin E: 0.87mg (5.79%), Fiber: 1.32g (5.29%), Folate: 19.77µg (4.94%), Vitamin B6: 0.09mg (4.72%), Magnesium: 16.49mg (4.12%), Calcium: 38.88mg (3.89%), Iron: 0.6mg (3.31%), Copper: 0.07mg (3.31%), Phosphorus: 31.09mg (3.11%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.44mg (2.19%), Vitamin B2: 0.02mg (1.41%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.32%)