

WARM CHERRY TOMATOES WITH GOAT CHEESE

Recipe from 2013 Everyday Delicious Cookbook

2 tbsp (25 mL) extra-virgin olive oil

2 cloves garlic, finely chopped

4 cups (1 L) halved cherry tomatoes

1/2 tsp (2 mL) salt

1/4 tsp (1 mL) freshly ground pepper

1/4 cup (50 mL) chopped fresh basil

1/2 cup (125 mL) crumbled soft goat cheese

1. Heat oil in a large non-stick frypan over medium heat. Add garlic and sauté for 30 seconds.
2. Add tomatoes, salt and pepper.
3. Cook, stirring gently, until tomatoes are heated through, about 2 minutes. Remove from heat.
4. Add basil and stir gently to combine. Sprinkle with cheese. Serve immediately. Serves 6.

Nutritional analysis per serving:

117 calories, 9 g fat, 4.9 g protein, 5.3 g carbohydrate, 1.6 g fibre, 274 mg sodium

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