

Recipes

Herbed Tomato Casserole

Ingredients:

Non stick cooking spray 1 small onion, finely chopped 28 ounces low sodium tomatoes, canned, diced 1 1/4 cups low sodium stuffing mix, finely crushed

- 1 1/2 teaspoons sugar
- 1/4 teaspoon oregano
- 1/4 teaspoon rosemary
- 1 1/2 tablespoons margarine

Equipment:

Mixing bowl Mixing spoon Cutting board Knife Measuring Spoons Measuring Cups 1 quart casserole dish

Number of Servings: 4 Prep Time: 5 minutes Total time: 1 hour

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Nutrition Facts

Serving Size: 1 cup Servings: 4

Amount Per Serving	
Calories 130	Calories from Fat 45
	%Daily Value*
Total Fat 2g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 161mg	7%
Total Carbohydrate	20g 7%
Dietary Fiber 3g	11%
Protein 3g	7%
Vitamin A 28%	Vitamin C 50%
Iron 9%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Directions

- 1. Preheat oven to 375°F. Spray a 1 quart casserole dish with cooking spray.
- 2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice the half into thin slices keeping onion together. Turn and slice again to chop.
- 3. Open tomatoes and pour into a mixing bowl.
- 4. Add 1 cup stuffing mix, sugar, oregano, rosemary to bowl. Mix well.
- 5. Pour into casserole dish.
- 6. Sprinkle with remaining stuffing, and dot with margarine.
- 7. Bake at 375° for 45 minutes.

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