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

Directions
1. Preheat oven to 375ºF. 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 375º for 45 minutes.

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

Nutrition Facts
Serving Size: 1 cup
Servings: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 130</th>
<th>Calories from Fat 45</th>
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</thead>
<tbody>
<tr>
<td>%Daily Value*</td>
<td>Total Fat 2g</td>
<td>Saturated Fat 1g 4%</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 0mg</td>
<td>Sodium 16mg 7%</td>
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<tr>
<td></td>
<td>Total Carbohydrate 20g</td>
<td>Dietary Fiber 3g</td>
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<tr>
<td></td>
<td>Protein 3g</td>
<td>Vitamin A 28% Vitamin C 50%</td>
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<tr>
<td></td>
<td>Iron 9%</td>
<td>Calcium 8%</td>
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</tbody>
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*Percent Daily Values are based on a 2,000 calorie diet.

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