

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

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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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.			

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