

Balsamic Roasted Cherry Tomatoes on Toast



The vinegar gives them that refreshing tang while the sugar and salt balance each other perfectly. This is an ideal savoury snack or delicious lunch, and a great way to use up your tomatoes.

Ingredients

250 g punnet of cherry tomatoes
1 tsp balsamic vinegar
2 tbsp Extra virgin olive oil
1 garlic clove, grated
1/2 cup marinated goat cheese (or ricotta)
4 pieces of toasted Low GI bread
Pinch of salt, pepper and sugar

Method:

1. Preheat the oven to 200C.
2. Cut the cherry tomatoes in half. Toss them with the balsamic vinegar, olive oil and garlic.
Season with salt, pepper and a pinch of sugar.

3. Lay the tomatoes in a roasting dish. Roast for 10-15 minutes until the tomatoes are soft and lightly coloured.
4. Smear the soft cheese on toast, season with salt and pepper, spoon some cherry tomatoes on each piece along with some of the roasting juices. Drizzle with a little olive oil.