

Scalloped Tomatoes

Serves 6

- 1 small onion, chopped
- 1 tablespoon canola oil
- ½ tablespoon brown sugar
- 1 ¼ cups dry bread cubes
- 2 (15.5-ounce) cans whole tomatoes, diced
- 1 teaspoon salt* (see Healthy Tip below)
- 2/3 teaspoon black pepper
- 1 cup bread crumbs

1. Preheat oven to 300 degrees.
2. Spray casserole dish with nonstick cooking spray.
3. In a large skillet, sauté onion in canola oil until tender. Reduce heat to low. Add sugar and bread cubes. Stir until sugar is dissolved. Mix in tomatoes, salt and pepper.
4. Pour evenly into casserole dish. Sprinkle top with bread crumbs.
5. Bake for 45 minutes or until bread begins to brown.

Nutrition information per ½ cup serving: calories 220, total fat 5g, saturated fat 1g, sodium 890mg, carbohydrates 37g, dietary fiber 4g, protein 7g.

Healthy Tip

To make a dish with less sodium, cook with garlic powder instead of adding salt to the dish.

