

# Roasted Cherry Tomato and Goat Cheese Dip

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## Servings: 4

*3 tablespoons olive oil*  
*1/2 pound cherry tomatoes*  
*1 cup whole-milk ricotta, drained*  
*1 medium clove garlic, minced*  
*1/4 cup fresh flat-leaf parsley, minced*  
*1/4 teaspoon salt*  
*zest of one lemon (about two tablespoons)*  
*1/2 teaspoon fresh lemon juice*  
*1 log (8 ounce) goat cheese, pinched into large chunks*  
*bread or crackers (for serving)*

## Preparation Time: 10 minutes

## Cook Time: 40 minutes

Preheat the oven to 350 degrees.

Lightly oil a five to six-inch square or round baking dish.

In a small bowl, combine one tablespoon of the oil with the tomatoes. Set aside.

In a medium bowl, mix together the ricotta, garlic, remaining two tablespoons of oil, parsley, salt, zest and lemon juice.

Fold the goat cheese into the ricotta mixture.

In the prepared dish, layer half of the cheese mixture. Then add half of the tomatoes. Layer on the remaining cheese mixture. Top with the remaining tomatoes. Gently press the top layer of tomatoes into the cheese mixture.

Bake, uncovered, for 25 to 40 minutes until the cheese is melted and the tomatoes are evenly roasted. (Cooking time will depend on the thickness of the tomato skins and the depth of the baking dish.)

Serve with warm bread or crackers.

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Per Serving (excluding unknown items): 231 Calories; 20g Fat (78.2% calories from fat); 9g Protein; 4g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 238mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

Appetizers

**Per Serving Nutritional Analysis**

|                                       |          |                             |       |
|---------------------------------------|----------|-----------------------------|-------|
| <b>Calories (kcal):</b>               | 231      | <b>Vitamin B6 (mg):</b>     | .1mg  |
| <b>% Calories from Fat:</b>           | 78.2%    | <b>Vitamin B12 (mcg):</b>   | trace |
| <b>% Calories from Carbohydrates:</b> | 6.0%     | <b>Thiamin B1 (mg):</b>     | .1mg  |
| <b>% Calories from Protein:</b>       | 15.7%    | <b>Riboflavin B2 (mg):</b>  | .3mg  |
| <b>Total Fat (g):</b>                 | 20g      | <b>Folacin (mcg):</b>       | 15mcg |
| <b>Saturated Fat (g):</b>             | 8g       | <b>Niacin (mg):</b>         | 1mg   |
| <b>Monounsaturated Fat (g):</b>       | 10g      | <b>Caffeine (mg):</b>       | 0mg   |
| <b>Polyunsaturated Fat (g):</b>       | 1g       | <b>Alcohol (kcal):</b>      | 0     |
| <b>Cholesterol (mg):</b>              | 30mg     | <b>% Refused:</b>           | n n%  |
| <b>Carbohydrate (g):</b>              | 4g       | <b>Food Exchanges</b>       |       |
| <b>Dietary Fiber (g):</b>             | 1g       | <b>Grain (Starch):</b>      | 0     |
| <b>Protein (g):</b>                   | 9g       | <b>Lean Meat:</b>           | 1     |
| <b>Sodium (mg):</b>                   | 238mg    | <b>Vegetable:</b>           | 1/2   |
| <b>Potassium (mg):</b>                | 153mg    | <b>Fruit:</b>               | 0     |
| <b>Calcium (mg):</b>                  | 264mg    | <b>Non-Fat Milk:</b>        | 0     |
| <b>Iron (mg):</b>                     | 1mg      | <b>Fat:</b>                 | 3 1/2 |
| <b>Zinc (mg):</b>                     | 1mg      | <b>Other Carbohydrates:</b> | 0     |
| <b>Vitamin C (mg):</b>                | 15mg     |                             |       |
| <b>Vitamin A (i.u.):</b>              | 673IU    |                             |       |
| <b>Vitamin A (r.e.):</b>              | 98 1/2RE |                             |       |

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 231 **Calories from Fat:** 181

**% Daily Values\***

|                               |     |
|-------------------------------|-----|
| <b>Total Fat</b> 20g          | 31% |
| Saturated Fat 8g              | 42% |
| <b>Cholesterol</b> 30mg       | 10% |
| <b>Sodium</b> 238mg           | 10% |
| <b>Total Carbohydrates</b> 4g | 1%  |
| Dietary Fiber 1g              | 3%  |
| <b>Protein</b> 9g             |     |
| <b>Vitamin A</b>              | 13% |
| <b>Vitamin C</b>              | 26% |
| <b>Calcium</b>                | 26% |
| <b>Iron</b>                   | 6%  |

\* Percent Daily Values are based on a 2000 calorie diet.