

Sauteed Grape Tomatoes

Toby Trapkin

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*2 teaspoons olive oil
1 small shallot, minced
2 pints grape tomatoes
2 tablespoons chopped
parsley
coarse salt
ground pepper*

In a large skillet, heat the oil over medium-low heat. Cook the shallot, stirring often, until softened, about 5 minutes.

Add the tomatoes and 1/2 cup of water. Bring to a simmer. Cook, covered, for 5 minutes.

Uncover and raise the heat to medium-high. Cook, tossing often, until the tomatoes have softened and the water has evaporated, about 3 minutes.

Stir in the parsley and season with salt and pepper. Toss to combine.

Per Serving (excluding unknown items): 89 Calories; 9g Fat (88.6% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Vegetable; 2 Fat.