

Tomato Soup with Grilled Cheese Croutons

(serves 4)

Adapted from Dawn Blatner, RDN, CSSD

Ingredients:

- 6 pounds tomatoes, cut in half
- Cooking spray
- Salt and pepper, to taste (*omit salt for low sodium option)
- 2 yellow onions, chopped
- 6 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 2 tablespoons olive oil
- 4 cups fresh basil leaves, chopped
- 3-4 cups water
- Balsamic vinegar, to taste

Croutons:

- 2 slices 2% Cheddar cheese
- 2 slices whole grain bread

Directions:

1. Preheat oven to 400°F. Lightly spray tomatoes with cooking spray, arrange on baking sheet skin side down, sprinkle with salt and pepper and roast for 45 minutes.
2. In large pot, sauté onions, garlic, crushed red pepper, salt, pepper and olive oil for 5 minutes. Add roasted tomatoes, fresh basil, water, salt and pepper to the pot. Puree the mixture with a hand blender until semi-smooth. (*you may also use a blender to puree if you do not have an immersion blender)
3. Bring to boil, cover and simmer for 15 minutes.
4. Place cheese on bread, put on baking sheet, broil for 5 minutes until cheese bubbles/bread is toasted and cut into 1-inch bites.
5. Serve soup with drizzle of balsamic vinegar and cheese croutons on top.

Optional topping: fresh chopped basil

Nutrition Analysis for 4 servings: 293 calories, 11g fat, 1.5g sat fat, 0g trans fat, 422mg sodium (will be less when salt omitted), 42g carbohydrate, 11g fiber and 14g protein.