

Roasted Tomato with Onion

only for those that are able to mix 2 vegetables without consequences!

Makes 4 servings (1 vegetable)
3 grams protein
0 fat
55 calories

Ingredients

- 4 thin whole slices of onion
- 4 thick cut tomato slices
- 1-2 cloves of garlic, sliced
- 2 leaves fresh basil, rolled & sliced
- Sprinkle of dried or fresh oregano
- Stevia to taste (optional)
- Squeeze of lemon juice
- Sea salt and pepper to taste

hCG Diet Tip

Buy live herb plants like basil, rosemary, mint, oregano, and parsley plants, etc. You can grow your own herb garden for fresh flavours at your fingertips,

Directions

1. Lay out thin slices of onion on a baking sheet.
2. Sea salt and pepper the onion and sprinkle with lemon juice.
3. Lay a few slices of basil and garlic on top of the onion.
4. Top onion slices with a slice of tomato.
5. Top the tomato with remaining basil and garlic.
6. Bake at 375 degrees for 10-15 minutes or until desired level of cooking.
7. Sprinkle with lemon juice and salt and pepper to taste.

