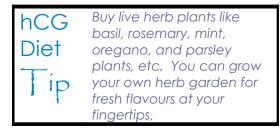
## **Roasted Tomato with Onion**

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



## **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.





call email website (416) 477 - 1345 info@HCGDIETCANADA.com www.HCGDIETCANADA.com