

Cleo Coyle's "Sun-dried" Tomato Flakes

How to use leftover tomato skins and peels

Recipe text and photos (c) by Alice Alfonsi, who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband Marc Cerasini



Sun-dried tomatoes bring great flavor to so many dishes. That bright, tangy taste is concentrated beautifully in these easy-to-make tomato flakes. You can toss the flakes onto sandwiches and wraps, stir them into soups, stews, and veggie dips; add a few tablespoons to a meatloaf (in place of tomato paste); or flavor boost your salads, pastas, burgers, omelets, and pizza. Best of all, it's a great use for tomato skins and peels that you might otherwise discard. The easy instructions are below. So waste not and... Eat with joy! ~ Cleo

Step 1: Start with the tomato peels (or skins) that you have left over from cooking sauce from scratch or other uses. (For instructions on how to easily remove tomato skins, see my recipe post on making fresh homemade tomato sauce by [clicking here](#).) Place parchment paper on a half-sheet pan and brush the paper with olive oil. Spread out the tomato peels in a single layer.

Step 2: Bake in an oven preheated to 225 degrees. F. After 30 minutes flip the peels over. Bake for another 20 to 30 minutes for a total cooking time of about 1 hour. The peels are done when they turn crisp like potato chips—but you don't want them to turn dark brown so check them near the end of the cooking time.

Step 3: When they're done dehydrating in the oven, place the dried peels in a food processor, blender, or spice grinder (a coffee grinder with a blade) and run the machine in short bursts or pulses until they form flakes. (Do not over-process.) Store the tomato flakes in a sealed plastic bag or airtight container. For longer life (about 2 months), I keep mine in the refrigerator.



Eat with Joy!
~ Cleo Coyle, author of
[The Coffeehouse Mysteries](#)

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