Blistered Cherry Tomatoes and Labneh Recipe

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JUL. 25, 2025

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A simple summer recipe that transforms sweet cherry tomatoes into a jammy, antioxidant-rich topping. Plus, the perfect, creamy labneh to pair them with.

There’s really nothing like locally grown cherry tomatoes, especially if they’re from your own garden! Naturally sweet and juicy, you don’t *need* to do anything to them. But blistering tomatoes deepens the flavor, bringing out more of the natural sugars, while the oil infuses them with herby, savory notes. Plus, cooking tomatoes boosts the bioavailability of lycopene, a powerful antioxidant.

Use these jammy gems to add a flavor bomb to pastas, frittatas, bruschetta, or creamy dips like labneh (recipe below).

Blistered Cherry Tomatoes Recipe

INGREDIENTS (FOR ABOUT 4 SERVINGS):

- 1 pint (around 12 oz) cherry tomatoes
- 1/4 cup extra virgin olive oil
- 4 cloves garlic
- ½ teaspoon salt
- 1-2 sprigs each fresh thyme and oregano

- Freshly ground black pepper

INSTRUCTIONS

You'll need: A skillet with a cover.

1. Heat olive oil over medium-high heat until it shimmers.
2. Add the tomatoes, garlic, fresh herbs, and salt. Stir to coat everything in oil, then let the tomatoes sit undisturbed until they begin to blister on their bottoms, 2-3 minutes.
3. Reduce heat to medium. Gently shake the pan to stir the tomatoes, then cover and cook for about 8 minutes.
4. The tomatoes are done when they just begin to collapse, releasing their juices into the herby oil. The garlic should be soft.
5. Remove from heat. Discard the herb stems, taste the tomatoes, and adjust salt as needed. Finish with freshly ground pepper.
6. Use a slotted spoon to remove tomatoes and garlic. Reserve the remaining oil — it's delicious drizzled over grilled vegetables or meat, as a topping for labneh, or used as a dip for bread.

NOTE: You can also cook the tomatoes in a preheated 350-degree oven. Spread tomato, garlic, and oil mixture on a rimmed baking sheet and roast undisturbed for about 30 minutes, or until tomatoes begin to burst and garlic softens.

Nutrition (per serving): 139 calories, 4.5g carbohydrate, >1g protein, 13.6g fat, 1.2 g fiber

Labneh Dip Recipe

Labneh is a soft, spreadable cheese made from strained yogurt, popular in Middle Eastern countries. You can buy it from some specialty grocers, but it's really simple to make yourself. Just plan to make it at least 6 hours (and up to a day) in advance of when you hope to serve it. This will allow time for the liquid whey to drain from the yogurt, leaving behind a thick and tangy cheese. Using Greek yogurt, which has already been lightly strained, will increase the protein level.

INGREDIENTS (FOR 4 SERVINGS)

- 1 cup Greek yogurt (whole milk or 2%)
- ¼ teaspoon fine sea salt

INSTRUCTIONS

You'll need: cheesecloth, a long wooden spoon, and a deep bowl

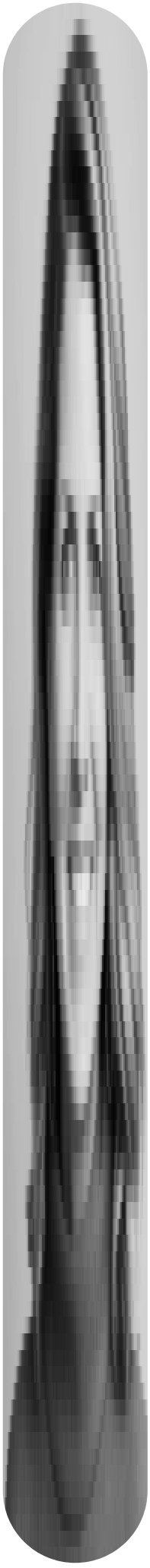
1. Mix salt into the yogurt.
2. Double or triple-layer the cheesecloth, depending on the thickness of your yogurt.
3. Scoop the yogurt into the center of the cheesecloth, and gather the ends together to form a pouch. Tie the ends around a wooden spoon.
4. Suspend the pouch by placing the spoon across the top of the bowl, making sure it hangs freely but doesn't touch the bottom.
5. Place bowl in the refrigerator for at least 6 hours, or overnight.
6. When ready to use, scoop the cheese from the cloth, and place in the center of a plate. Top with blistered tomatoes and olive oil, or other herbs and spices. Serve with grilled bread or pita. Store leftover labneh in an airtight container in the fridge for up to 4 days.

Nutrition (per serving): 45 calories, 3.5g protein, 3.5g fat, 1.3g carbohydrates

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