What’s Fresh:

Tomatoes

They're naturally good!
- High in vitamins A & C
- Rich in potassium
- Contains powerful antioxidants
- 1 cup = 1 serving of veggies

Variety is key!

Tomatoes vary greatly in shape, size, and color. Most tomatoes are red, but some can be yellow, purple, orange or green when ripe. Slicing, Roma, cherry & grape varieties all look (and taste!) different. Try them all!

Storage Tips:
- Store whole tomatoes at room temperature away from sunlight. Use within 1 week after ripe.
- Store cut tomatoes in the refrigerator in a sealed container & eat within 1-2 days.

Preparation Tips:
- Wash just before using: rinse & pat dry.
- A serrated knife (such as a bread knife or steak knife with teeth) is best for cutting tomatoes.
- Remove and discard any green stems.
- To slice: lay tomato on its side so the stem faces the right or left, then cut to desired thickness.
- To dice: place tomato stem-side up, then cut in half from top to bottom. Place tomato cut-side down, then slice. Cut cross-wise in the other direction.
- Leave cherry/grape tomatoes whole or cut in half.

Ways to eat tomatoes:
- **Eat them raw.** Slice them and sprinkle with salt & pepper for a snack.
- **Add to salads & pasta salads.** Add diced tomatoes to green salads or cold pasta dishes. Toss with balsamic vinaigrette, ranch or Italian dressing.
- **Make salsa.** Add salsa to tacos, quesadillas and burritos. Top your salad with salsa instead of dressing. Serve salsa with your favorite fish, shrimp or seafood dish. Or, try salsa with scrambled eggs! See recipe on the back. Fresh salsa will keep for up to 3 days in the fridge.
- **Make sauce.** Tomato sauce from scratch is tastier, healthier and cheaper than store-bought. It’s a great way to use over-ripe tomatoes. See recipe on the back!
- **Roast them.** Preheat oven to broil or as high as it will go. Cut 2 large tomatoes in half and place cut-side up in a baking dish. Brush with oil. In a small bowl, mix together 2 tablespoons of parmesan or other shredded cheese, 2 tablespoons bread crumbs, 2 teaspoons Italian seasoning and a pinch of salt & pepper. Sprinkle mixture over tomatoes and bake for 3-5 minutes or until cheese melts.
- **Stuff them.** For a simple but delicious dinner. See recipe on the back!
- **Add to soups, stews & casseroles.**

See more recipes on the back
It's a meal!

Recipes

Tomato Salsa*

Ingredients:
- 4-5 medium tomatoes
- 1 small onion, chopped (1/2 cup)
- 1/2 jalapeño pepper, deseeded & minced (optional)
- 2 (5-oz.) cans tuna, drained
- 1 Tablespoon oil
- 1-2 cloves garlic, minced (optional)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt (for sprinkling tomatoes)
- 1-2 teaspoons dried herbs (such as dill or parsley)
- 1/2 cup whole wheat bread crumbs
- 1/4 teaspoon pepper
- 1/4 cup finely chopped onion
- 1/4 cup chopped bell pepper or celery
- 1/4 cup shredded cheese (optional)

Directions:
1. No-cook version: Combine all ingredients in a bowl and enjoy.
2. Cooked version: In a medium pot, combine ingredients over medium heat. Cook for 15 minutes, stirring occasionally. Chill before serving. If using, add cilantro to chilled salsa.

Tomato Sauce*

Ingredients:
- 8 large tomatoes, peeled*
- 1 Tablespoon oil
- 1 medium onion, chopped
- 4 garlic cloves, minced (or 1 tsp garlic powder)
- 1 teaspoon dried basil (or 4 Tablespoons fresh)
- 1/2 teaspoon dried oregano (or 2 Tablespoons fresh)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:
1. *How to peel tomatoes: bring a pot of water to a boil. Place tomatoes in boiling water for 20-25 seconds. Remove tomatoes and transfer to a bowl of ice water. The skins will peel off easily with your hands.
2. Heat oil in a large skillet. Add onions and cook, stirring often, until tender and slightly browned; about 5-7 minutes. Add garlic and cook, stirring frequently, 1-2 minutes more.
3. Add peeled tomatoes, herbs, salt and pepper to skillet. Break tomatoes up with a spoon. Cook for about 10-15 minutes, stirring occasionally. Use as you would pre-bought marinara sauce!

Stuffed Tomatoes

Ingredients:
- 2 (5-oz.) cans tuna, drained
- 6 medium tomatoes
- 1/4 teaspoon salt (for sprinkling tomatoes)
- 1/2 cup whole wheat bread crumbs
- 1/4 cup finely chopped onion
- 1/4 cup chopped bell pepper or celery
- 3 Tablespoons oil
- 1/2 teaspoon garlic powder
- 1-2 teaspoons dried herbs (such as dill or parsley)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup shredded cheese (optional)

Directions:
1. Preheat oven to 400 °F. Cut a thin slice from the top of each tomato and scoop out most of the pulp leaving a thick shell so that the tomato will hold its shape. Flip and place on a paper towel and set aside.
2. Combine tuna, bread crumbs, onion, bell pepper/celery, oil, garlic powder, dried herbs, salt & pepper. Sprinkle the inside of the tomatoes with 1/4 teaspoon of salt and stuff with tuna salad mixture. Top with cheese.
3. Oven: Bake in a greased baking dish for 15 - 20 minutes, or until heated through and cheese is melted. Microwave: Cover stuffed tomatoes with plastic wrap. Poke several holes in plastic wrap to allow steam to escape. Microwave on HIGH about 3-5 minutes or until filling is thoroughly heated and tomatoes are tender. Sprinkle tops with cheese. Microwave on HIGH until cheese melts.

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*Recipe from Share Our Strength's Cooking Matters™