

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

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.

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!

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 

