

tomatoes

select

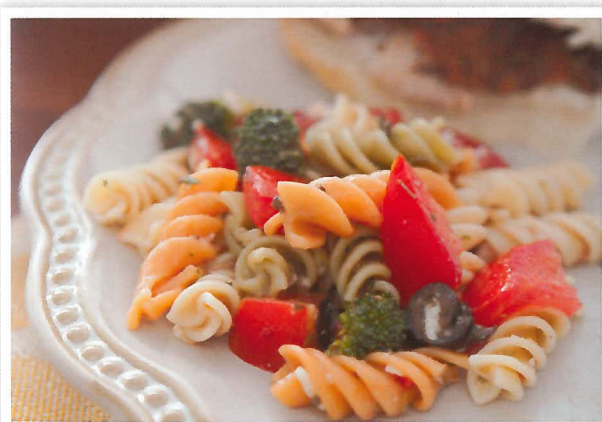
Choose tomatoes that are smooth and firm, with no cracks or soft spots. Most ripe tomatoes are red, but some can be golden yellow, purple or green when ripe.

store

Store fresh tomatoes at room temperature, not in the refrigerator. Place tomatoes in the refrigerator after you cut or peel them.

prepare

Rinse tomatoes under running tap water before using. Cut the stem out of large tomatoes. **1 cup chopped** = 1 large tomato



tomato pasta salad

- 4 cups cooked rotini noodles
- 2 cups chopped tomatoes
- 1 cup chopped broccoli
- ¼ cup sliced black olives
- 2 teaspoons dry Italian herbs
- 2 tablespoons grated parmesan cheese
- 8 ounces low fat Italian salad dressing

step 1 Combine the cooked noodles, tomatoes, broccoli and black olives together in a large bowl.

step 2 Add the herbs, cheese and salad dressing. Stir together and refrigerate.

Makes 6 servings - One serving (1 cup) has 194 calories, 3 gms fat, 712 mg sodium and 2 gms fiber.

tip: 3 cups of uncooked noodles will make 4 cups of cooked noodles.



bruschetta salad

- 3 cups chopped roma tomatoes
- ½ chopped red onion
- ¼ cup fresh chopped basil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon olive oil
- 2 cups croutons

step 1 Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.

step 2 Stir croutons in the salad and serve.

Makes 5 servings - One serving (1 cup) has 94 calories, 3.5 gms fat, 321 mg sodium and 2 gms fiber.

more ways to eat bruschetta:

- **Make a dinner salad** - serve bruschetta salad on top of chopped lettuce. Top with feta cheese or shredded parmesan cheese. Add grilled chicken.
- **Have a snack** - When making bruschetta, chop the tomatoes and onions into small pieces. Skip the croutons and serve on top of toast.

