**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

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**tomato pasta salad**

4 cups cooked rotini noodles
2 cups chopped tomatoes
1 cup chopped broccoli
1/4 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 164 calories, 3 gms fat, 712 mg sodium and 2 gms fiber)

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

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**bruschetta salad**

3 cups chopped Roma tomatoes
1/2 chopped red onion
1/4 cup fresh chopped basil
1/2 teaspoon salt
1/4 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, 2.5 gms fat, 321 mg sodium and 2 gms fiber)

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**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.