



let's eat...family meals

# tomatoes

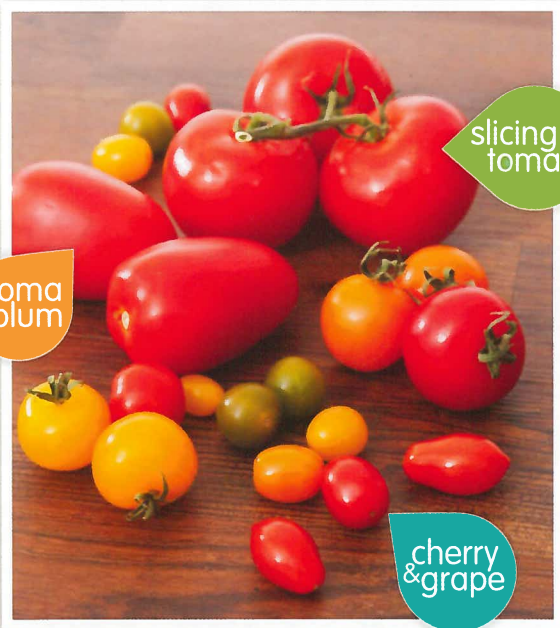
There are many ways to enjoy tomatoes - a very popular veggie!

## choose

Select tomatoes that are smooth and firm with no cracks or soft spots.

Most tomatoes are red, but some can be yellow, purple, orange or green when ripe.

1 pound = 3 or 4 medium tomatoes or 16 cherry tomatoes



roma & plum

slicing tomato

cherry & grape

## store

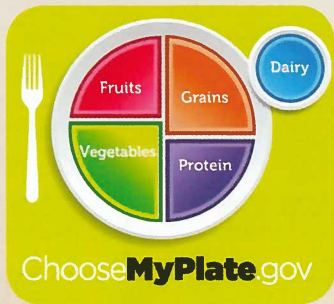
Keep fresh tomatoes at room temperature away from direct sunlight. Use within 1 week after ripe.

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



## garden salsa



- 1 pound (4 to 5) roma or plum tomatoes
- 1/2 cup chopped red onion
- 1 minced garlic clove
- 1/4 small jalapeno pepper (seeds removed and finely chopped)
- 2 tablespoons chopped fresh cilantro
- juice from 1/2 lime
- salt and pepper to taste

**Step 1** Chop tomatoes into small pieces.

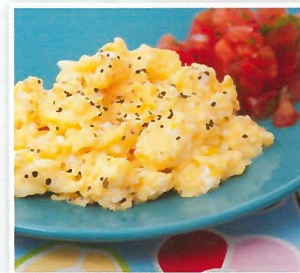
**Step 2** Mix all ingredients together and serve.

### try something new ~

- Use fresh basil or parsley instead of fresh cilantro.
- Add a drop of hot sauce or a few red pepper flakes to make a spicy salsa.
- Use canned diced tomatoes when fresh tomatoes are not available.

**Fresh salsa will keep** in the refrigerator for up to 3 days.

Makes 8 servings - One serving (1/4 cup) has 15 calories, 0 gm fat, 125 mg sodium and .5 gm fiber.



## enjoy fresh salsa:

- Top tacos, burritos, enchiladas and quesadillas with salsa.
- Top your lettuce salad with salsa instead of salad dressing.
- Serve salsa with your favorite fish, shrimp or seafood dish.
- Eat salsa with scrambled eggs.
- Dip low fat corn chips in salsa.

Salsa has become very popular. Today's families use more salsa than ketchup. That's a good thing. Salsa can be made with plenty of fresh vegetables, and is low in calories. There are about 25 to 40 calories in a 1/2 cup of salsa made without oil. **It's a tasty way to eat your veggies!**

**Make half your plate fruits and vegetables!**

**1 medium whole tomato**

Calories 22 (123g)	
Dietary Fiber (1.5g)	6% <small>% Daily Values</small>
Vitamin A 20%	Iron 2%
Potassium 8%	Vitamin C 26%
	Folate 5%

\*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.

# three tomato salads



Makes 4 servings - One serving (1/2 cup) has 65 calories, 4 gm fat, 79 mg sodium and .5 gm fiber.

## caprese salad

- 3 tomatoes, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar or red wine vinegar
- 2 tablespoons fresh basil
- 1/4 cup shredded mozzarella cheese

**Step 1** Sprinkle chopped tomatoes with oil, vinegar and basil. Toss together.

**Step 2** Top with shredded cheese.



Makes 4 servings - One serving (1/2 cup) has 65 calories, 4 gm fat, 79 mg sodium and .5 gm fiber.

## tomato-cucumber salad

- 2 medium cucumbers, chopped
- 2 medium roma tomatoes, chopped
- 1/4 cup low fat mayonnaise
- 1/4 cup low fat sour cream
- 2 tablespoons dry dill weed

**Step 1** Combine cucumbers and tomatoes in a bowl.

**Step 2** Stir mayonnaise, sour cream and dill weed together.

**Step 3** Stir sauce into vegetables.



## italian pasta salad

- 2 cups cooked rotini pasta
- 2 medium roma tomatoes, chopped
- 1/4 cup grated parmesan cheese
- 2 tablespoons fresh basil, chopped
- 1/2 cup low fat Italian salad dressing

**Step 1** Combine tomatoes, cooked pasta, cheese, basil and salad dressing in a bowl.

Makes 6 servings - One serving (1/2 cup) has 94 calories, 2.5 gm fat, 266 mg sodium and .5 gm fiber.

## snack

- Eat a fresh tomato raw - like an apple.
- Snack on cherry tomatoes and grape tomatoes. Dip in low fat dill dip!
- Cut cherry tomatoes in half and stuff with cottage cheese.

# tomato basil sauce



- 4 large tomatoes, peeled\*
- 1/2 cup onion, finely chopped
- 2 garlic cloves, peeled and minced
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh basil
- salt and black pepper to taste

**Step 1** Heat oil in a large skillet. Add onions and garlic to skillet. Stir and cook over medium heat about 3 minutes, until onions are soft.

**Step 2** Add peeled tomatoes and basil to skillet, salt and pepper. Cook for about 7 minutes, stirring occasionally.

**Step 3** Serve sauce on top of cooked pasta.

### easy substitutions ~

- Use 1 tablespoon dry Italian herbs instead of fresh basil.
- Use a 26 ounce can diced tomatoes instead of fresh tomatoes.

### \*how to peel a tomato:

- Place tomatoes in boiling water for 20 to 25 seconds.
- Remove tomatoes and place into a bowl of ice water.
- Skin will easily slip off!

Makes 4 servings - One serving (3/4 cup) has 68 calories, 3 gm fat, 250 mg sodium and 1 gm fiber.

## add more

- Add tomato slices to a deli sandwich or grilled cheese sandwich.
- Add chopped tomatoes to tacos.
- Serve chopped tomatoes with cottage cheese.
- Top a pasta with chopped tomatoes.
- Sprinkle tomatoes on pizza before baking.
- Serve a couple slices of tomato on your dinner plate for a quick vegetable!

## freeze

### How to freeze tomatoes:

- Step 1** Wash tomatoes under running tap water.
- Step 2** Peel tomatoes.\*
- Step 3** Pack in freezer bags, removing as much air as possible from the bag.

Store tomatoes in a freezer at 0°F for 8 to 12 months.