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

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
½ cup chopped red onion
1 minced garlic clove
¼ small jalapeno pepper
(seeds removed and finely chopped)
2 tablespoons chopped fresh cilantro
juice from ½ lime
salt and pepper to taste

Step 1 Chop tomatoes into small pieces.
Step 2 Mix all ingredients together and serve.

Fresh salsa will keep in the refrigerator for up to 3 days.
Makes 8 servings - One serving (¼ cup) has
15 calories; 0 g fat; 123 mg sodium; and 5 g fiber.

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.

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 ½ cup of salsa made without oil. It’s a tasty way to eat your veggies!

Make half your plate fruits and vegetables!
three tomato salads

caprese salad

3 tomatoes, chopped
1 tablespoon olive oil
1 tablespoon balsamic vinegar or red wine vinegar
2 tablespoons fresh basil
¼ 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 (1/4 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
¼ cup low fat mayonnaise
¼ 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.

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

italian pasta salad

2 cups cooked rotini pasta
2 medium roma tomatoes, chopped
¼ cup grated parmesan cheese
2 tablespoons fresh basil, chopped
½ 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 (1/4 cup) has 94 calories, 2.5 gm fat, 290 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.

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.

©2013 Nutrition Matters, Inc. - all rights reserved - ES720

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!