

Tomatoes



Key Points

- ▶ A good source of vitamin A and rich in vitamin C, tomatoes are also high in lycopene. Contain carotenoids that may be good for health.
- ▶ Choose tomatoes with bright, shiny skins and firm flesh.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store at room temperature away from direct sunlight and use within one week after ripe. Tomatoes taste best if they are not refrigerated; refrigerate only if you cannot use them before they spoil.

Marinated Tomatoes

Number of servings: 6

Ingredients:

- 5 large tomatoes, chopped
- 1 tablespoon canola oil
- 1 ½ tablespoons lemon juice
- ⅛ teaspoon garlic powder
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ teaspoon Italian seasoning

Per serving: 43 calories; 3 g fat (trace saturated fat); 1 g protein; 5 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 187 mg sodium.

Directions:

- ▶ Place diced tomatoes in medium bowl.
- ▶ In a small bowl, add canola oil, lemon juice, garlic powder, salt, pepper, and Italian seasoning. Mix well and pour over tomatoes.
- ▶ Chill thoroughly, gently stirring once or twice.

Balsamic Tomatoes and Onion Salad

Number of servings: 6

Ingredients:

- 5 tomatoes, red-ripe, chopped
- 1 red onion, chopped
- 2 tablespoons canola oil
- ¼ cup balsamic vinegar
- Small loaf of whole-wheat bread (optional)

Per serving: 188 calories; 7 g fat (1 g saturated fat); 6 g protein; 29 g carbohydrate; 5 g dietary fiber; 0 mg cholesterol; 256 mg sodium.

Directions:

- ▶ In a bowl, mix tomatoes and onions.
- ▶ Add canola oil and balsamic vinegar to the tomatoes and stir to mix ingredients together.
- ▶ Let stand for 5 minutes before serving, or refrigerate, covered, for up to 3 days.
- ▶ Eat with whole-wheat bread, if desired. Dip the bread in the marinade when finished with the tomatoes.

Quick Tips

- ▶ Stuff a tomato with low-fat cottage cheese or with tuna, shrimp, or chicken salad. Use the tomato pulp as part of the salad.
- ▶ Wash thoroughly by rinsing under running tap water before peeling, cutting, or eating. Do not wash until ready to eat.
- ▶ Slice ripened, fresh tomatoes and use to top your pizza.
- ▶ Fun fact for kids: Tomatoes are botanically a fruit, but we usually eat them like vegetables unless they are the small, sweet kind. Let children choose the type of tomato to serve for dinner or in a salad.

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