

HARVEST OF THE MONTH:

Tomato



Nutrition Facts

Serving Size 149 g

Amount Per Serving

Calories 27 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 25% • Vitamin C 32%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

REASONS TO EAT TOMATOES

- One serving of tomatoes is an excellent source of vitamin A (healthy eyes) and vitamin C (healthy immune system).
- Tomatoes are a good source of lycopene (healthy heart) which is an antioxidant that cannot be produced by the body. Lycopene gives fruit and vegetables their rich red colors. Other foods rich in lycopene include: salsa, pink grapefruit and watermelon.
- Tomatoes are also a good source of potassium (healthy muscles) and vitamin K (heals cuts).

DID YOU KNOW?

- The tomato is the world's most popular produce with more than 60 million tons produced worldwide!
- Americans eat more than 22 pounds of tomatoes each year.
- According to botanists (plant scientists) tomatoes are berries that belong to the nightshade family.
- In 1893 the US Supreme Court declared the tomato a vegetable—mainly because vegetables could be taxed and fruits could not.
- Tomatoes are grown in gardens in every state, even Alaska.

VARIETIES OF TOMATOES... TRY THEM ALL!

- Beefsteak—round, juicy and used in sandwiches
- Cherry—sweet tomatoes, usually eaten in salads
- Heirlooms—passed down through several generations because of its valued characteristics
- Plum—pear-shaped, meatier, ideal for tomato products; other names are Italian or Roma
- Slicing—round-shaped, used in processed products



Tomato Recipes

EASY TOMATO CUCUMBER SALAD

INGREDIENTS

- ½ onion, thinly sliced
- 2 cucumbers, thinly sliced
- 2 tablespoons red wine vinegar
- 4 large tomatoes
- ¼ cup olive oil
- 2 tablespoons chopped basil

DIRECTIONS

Add ingredients to large bowl, toss, and marinate (at least 30 minutes). Add salt and pepper to taste and serve. Add this dish as a healthy side to lunch or supper!

PICO DE GALLO

INGREDIENTS

- 1 ½ pounds tomatoes, chopped
- 2 cups chopped onion
- ½ cup chopped cilantro
- 3 cloves garlic, finely chopped
- 3 tablespoons lime juice
- ½ teaspoon salt

DIRECTIONS

Combine all ingredients in a large bowl. Serve with tortilla chips.

PIZZA CRACKERS

INGREDIENTS

- 10 Ritz whole-grain crackers
- 10 tsp pizza sauce
- ½-¾ cup shredded cheese
- Your favorite toppings (broccoli, olives, etc.)

DIRECTIONS

Line a baking sheet with tin foil. Place crackers on baking sheet. Spread each cracker with about 1 tsp sauce. Top with your favorite toppings and a sprinkle of cheese. Bake at 375° F for about 5-7 minutes, until hot and cheese is melted. Serve immediately.

ONE POT SOUP

INGREDIENTS

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 3 cloves garlic, finely chopped
- 1 (14 ½-ounce) can diced tomatoes
- 2 cups fresh or frozen corn
- 2 tsp. chili powder (optional)
- 1 (14 ½-ounce) can low-sodium vegetable broth
- 2 teaspoons dried oregano
- 1 (15-ounce) can black beans, drained & rinsed
- 1 (15-ounce) can red beans, drained & rinsed

DIRECTIONS

In a large pot, heat oil over medium heat. Sauté onion, bell pepper, and garlic until tender, about 5 minutes. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Stir well. Cover and simmer until thoroughly heated, about 15 minutes. Serve warm with whole grain rolls.

TOMATO STRAWBERRY JUICE

INGREDIENTS

- 4 Tomatoes, any variety
- 2-3 cups of Strawberries (approx. 16 oz)
- 1-2 cups apple juice or 1-2 apples, juiced (optional)

DIRECTIONS

Wash the strawberries and tomatoes. Cut the tomatoes if they are not small enough to fit in the juicer chute. Leave the green tops on the strawberries, as they have many nutrients and are okay to juice. Juice the strawberries and tomatoes as usual. Serve, or add apple juice, if you prefer sweeter juice.