Tomatoes

The classic succulent vegetable of summer is ripe for your salads, sandwiches and salsa. Tomatoes can be used many ways to make good food with good nutrition.

Nutrition Information

- Excellent source of vitamin C
- Good source of vitamin A

Recipes

Tomato, Zucchini & Onion

- 2 cups sliced tomato
- 2 cups sliced zucchini
- 2 cups sliced onion
- 1½ teaspoon Italian herb seasoning
- ½ teaspoon salt (optional)
- Dash of pepper

Preheat oven to 350°F. Layer onion, tomato, and zucchini in a 2-quart casserole dish that has been sprayed with a non-stick coating. Sprinkle each layer with seasonings. Bake for 30-45 minutes, depending on how soft you want the vegetables.

Basil Tomatoes

The addition of basil gives an excellent flavor to fresh tomatoes.

- 2 cups tomatoes, diced or sliced
- 1 teaspoon dried basil
- 1 teaspoon chopped garlic
- ½ teaspoon salt (optional)
- 1/8 teaspoon pepper

Mix ingredients and let sit at room temperature at least 1 hour. Serve plain or on a lettuce leaf.

Uses & Preparation

- Unripe tomatoes take 3 to 4 days to ripen. Use ripe tomatoes within a day or two.
- For best flavor, do not refrigerate.
- Slice, wedge or dice; sprinkle with a fresh herb, drizzle with olive oil and serve. Wonderful with slices of avocado, but then skip the olive oil.
- Stuff with seafood, chicken, or pasta salad.
- Cherry tomatoes make a delicious, nutritious snack by themselves.

Selection

- Ripe tomatoes will give slightly to gentle pressure.

Storage

- Store unwashed at room temperature and out of direct sunlight.

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