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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

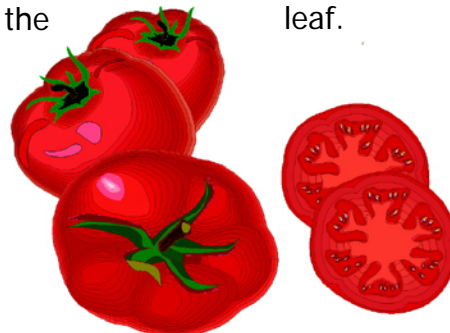
Preheat oven to 350E. Layer onion, tomato, and zucchini in a 2-quart casserole dish that has been sprayed with a non-stick coating. Sprinkle each layer with seasonings. Bake for 30-45 minutes, depending on how soft you want the vegetables.

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.