

# SUMMER FRESH! TOMATOES



## TOMATOES

**Tomatoes** are one of the most popular “vegetables” eaten by Americans. Tomatoes, however, are members of the **fruit** family that are served and prepared as vegetables – this is why most people consider them vegetables and not fruits. They are high in vitamins C, A and K. Enjoy them raw or cooked, which actually increases the nutrition punch! Cherry and grape tomatoes make a healthy, portable snack – just throw them in a baggie and then in your backpack for nutritious food on the go!

## Fun facts about tomatoes!

- Tomatoes contain large amounts of an antioxidant called lycopene, which may help guard against certain cancers. Tomato paste and sauces, which contain highly-concentrated cooked tomatoes, have lots of healthy lycopene!
- Did you know there are thousands of types of tomatoes?! The most popular kinds are classified into three groups: cherry, plum and slicing tomatoes. Grape and cherry tomatoes are fun, sweet and really delicious to eat alone or in a salad!
- Cold temperatures can damage tomatoes, so avoid buying tomatoes that are stored in a cold area, and try not to put them in your refrigerator unless you cannot eat them soon.
- Slightly soft tomatoes usually have more flavor than hard ones.
- Use healthy tomato-based salsa, which has little or no added sugars instead of ketchup, which typically has lots of added sugars and/or corn syrup, on hamburgers and hotdogs as well as with other foods typically served with ketchup!
- In America, 93% of all backyard gardens contain tomatoes, making it the most popular hobby vegetable.

**Check out the September Commit to Health Foods of the Month newsletter for more information about tomatoes and nutritious, yummy recipes!**

## OVEN-BAKED TOMATOES WITH PARMESAN

(4 servings)

### INGREDIENTS:

- 4 tomatoes, halved horizontally
- ¼ cup grated Parmesan cheese
- 1 tsp fresh chopped oregano, or ½ tsp dried oregano
- ¼ tsp salt
- 4 tsp olive oil
- ½ tsp pepper

### INSTRUCTIONS:

1. Preheat oven to 450°F.
2. Place tomatoes cut-side up on a baking sheet. Dividing ingredients equally, top tomato halves with Parmesan, oregano, salt and pepper. Drizzle each with oil.
3. Bake until the tomatoes are tender (*about 15 minutes*).
4. Serve immediately!



Recipe adapted from:

<http://www.eatingwell.com/recipe/249254/baked-parmesan-tomatoes/>



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## TOMATOES AND FETA SALAD

(4 servings)

### INGREDIENTS:

- 1 tsp white wine vinegar (*or apple cider vinegar*)
- 4 tsp extra virgin olive oil
- ¼ tsp salt
- 1 pint cherry tomatoes, halved (*or 1 pint grape tomatoes, quartered*)
- 2 Tbsp finely chopped shallot (*or finely chopped onion*)
- ¼ cup feta cheese, crumbled
- 2 Tbsp chopped fresh basil (*or 2 tsp dried basil*)

### INSTRUCTIONS:

1. Whisk vinegar, olive oil and salt in a medium-sized salad serving bowl.
2. Add cherry tomatoes, shallot, feta cheese and basil, and gently stir to mix.
3. Let salad sit for at least 15 minutes for herbs to infuse.



Recipe adapted from:

<https://www.allrecipes.com/recipe/228359/tomato-and-feta-salad/?internalSource=rotd&referringId=15102&referringContentType=Recipe%20Hub>



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