



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.

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

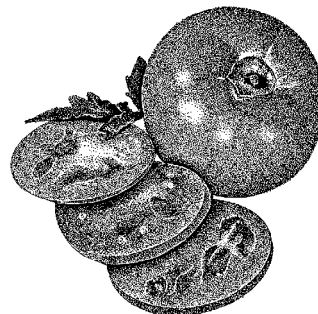
2 cups sliced tomato
2 cups sliced zucchini
2 cups sliced onion
1½ teaspoon Italian herb seasoning
½ teaspoon salt (optional)
dash of pepper

Preheat oven to 350°. 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)
⅛ teaspoon pepper



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

