



# 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.*

## 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.



## NUTRITION INFORMATION

Excellent source of vitamin C

Good source of vitamin A

**AVAILABLE FRESH**  
June–July & September–October

## RECIPES

### TOMATO, ZUCCHINI & ONION

2 cups sliced tomato  
2 cups sliced zucchini  
2 cups sliced onion  
1 1/2 teaspoon Italian herb seasoning  
1/2 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  
1/2 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.

