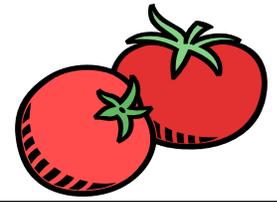


Tomatoes



Nutrition facts:

Water	g	170
Energy	kJ	135
Protein	g	1.58
Calcium	mg	18
Iron	mg	.49
Potassium	mg	427
Fluoride	mcg	4.1
Vitamin C	mg	22.9
Beta Carotene	mcg	808
Lycopene	mcg	4631

Tomatoes are delicious and nutritious and are considered a vegetable even though, like many vegetables, they are also fruits because they contain seeds.

There are many varieties of tomatoes in different colors, shapes, and sizes. They can be red, yellow, orange, green, purple, and pink. There are small tomatoes such as cherry or grape to large tomatoes such as beefsteak.

When selecting tomatoes use your nose. Smell the blossom end and select the tomatoes with a rich tomato aroma.

Tomatoes should not be stored in a refrigerator as this will cause them to lose their flavor. Fresh ripe tomatoes should be stored in a cool, dark place and used within a few days.

Freezing tomatoes is an easy way to preserve them. Simply rinse and dry thoroughly, place in a sealable bag and remove excess air. This will allow them to retain their fresh flavor. Tomatoes can also be canned in a boiling water canner.

Nutritional Highlights:

- Tomatoes are an excellent source of lycopene which is an antioxidant linked to the prevention of many types of cancers.
- Lycopene level is enhanced when the tomato is processed such as tomato paste, sauce, and ketchup.
- Tomatoes are a great source of Vitamin A and C.
- Tomatoes are low in calories



Recipes for Tomatoes:

1. Simply rinse the tomato and eat it whole if small like a cherry or grape tomato. Slice up a larger tomato.
2. Slice a large tomato and add to your favorite salad, burger, casserole, soup, or sandwich.
3. Easy Tomato and Mozzarella Salad
 - * 3 lbs tomatoes, cut into 1 1/2 in chunks
 - * 8 ounce lightly salted mozzarella balls, divided
 - * 1 cup of fresh basil leaves, chopped
 - * 3 TBL extra-virgin olive oil
 - * 3/4 tsp salt
 - * 1/4 tsp coarsely ground black pepperIn a large bowl, toss all ingredients evenly!