

Tomatoes

Key Points

- For the best buy, choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- To prepare fresh tomatoes, rinse and slice or chop. Eat fresh or cooked.
- To store fresh, keep tomatoes at room temperature (out of direct sun) for 2-3 days, then store in refrigerator up to a week.
- Tomatoes contain vitamin A, which is good for healthy eyes and skin.



Easy Tomato Sauce

Ingredients:

- 1 1/2 teaspoon vegetable oil
- 1 onion, chopped
- 2 1/2 cups chopped tomatoes
- 1 tablespoon garlic powder (or 2 cloves garlic, chopped)
- 1/2 teaspoon oregano (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15-20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Tomato Salsa

Ingredients:

- 3 tomatoes, chopped
- 2 onions, chopped
- 2 garlic cloves, minced
- 3/4 teaspoon salt
- 1 tablespoon vinegar
- 1 1/2 teaspoon vegetable oil
- 1 cup chopped cilantro (optional)

Directions:

1. Combine all ingredients in a large bowl.
2. Cover and chill.
3. Serve with raw vegetables, tortilla chips or over rice. Enjoy!
4. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- One medium tomato chopped is about 1/2 cup.
- Add chopped tomatoes to scrambled eggs.
- Tuck sliced tomatoes into sandwiches.
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Easy Tomato Sauce

Nutrition Facts			
Serving Size: 1/5 of recipe (116g)			
Servings Per Recipe: 5			
Amount/Serving			
Calories	45	Calories from Fat	15
% Daily Value*			
Total Fat	1.5g		3%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	240mg		10%
Total Carbohydrate	8g		3%
Dietary Fiber	2g		6%
Sugars	4g		
Protein	1g		
Vitamin A	10%	Vitamin C	40%
Calcium	2%	Iron	4%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Tomato Salsa

Nutrition Facts			
Serving Size: 1/6 of recipe (136g)			
Servings Per Recipe: 6			
Amount/Serving			
Calories	45	Calories from Fat	10
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	300mg		12%
Total Carbohydrate	9g		3%
Dietary Fiber	2g		6%
Sugars	4g		
Protein	1g		
Vitamin A	15%	Vitamin C	20%
Calcium	2%	Iron	4%
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