

# Tomatoes

Found in gardens across the county, from the Heirloom varieties to bite sized cherry tomatoes, this summer staple is a great addition to many dishes. Providing a bright flavor and packed with vitamins, the tomato can be eaten raw, cooked, and made into sauces.



## HOW DO I MAKE A GOOD SELECTION?

Look for well-formed tomatoes that are smooth and free from blemishes. A perfectly ripe tomato will be completely red and firm but not hard.

## WHAT IS THE PROPER STORAGE?

Keep tomatoes at room temperature, away from dust and sunlight. Refrigerate only if overripe. If you have a green tomato, you can ripen it by keeping it in a paper bag with the top folded over at room temperature, away from sunlight. Check daily and use when ripe.

## WHY SHOULD I EAT THIS?

Tomatoes are full of the antioxidant lycopene, which helps protect against damage to our cells, and may help lower the risk of some forms of cancer. Tomatoes are also high in Vitamin C which supports our immune system and Vitamin A which promotes good vision, boosts our immune system, and promotes cell growth.

## HOW COULD I USE THIS?

- Blend tomatoes into a vinaigrette
- Add them to a sandwich or wrap
- Add them to scrambled eggs or an omelet
- Add tomatoes to a kebab
- Add tomatoes to a soup or stew
- Make a fresh salsa
- Add tomatoes to a salad
- Stuff tomatoes with tuna or chicken salad
- Make a gazpacho, which is a cold tomato soup
- Bake tomatoes and top with parmesan cheese for a side dish
- Top pasta with a tomato sauce



### DID YOU KNOW?

There are around 10,000 varieties of tomatoes worldwide!

# WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 							×	×	×	×		
<b>MARKET</b> 								×	×	×	×	

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Nebraska Extension Nutrition Education Program

## RECIPE:

# Tomato and Cucumber Salad

12 Servings

### Ingredients:

- 4 large tomatoes, cubed
- 1 large cucumber, chopped
- 1 c. red onion, chopped
- 1 c. green pepper, chopped
- 1/3 c. fresh parsley, chopped
- 1/3 c. apple cider vinegar
- 1 Tbsp. vegetable oil
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. sugar

### Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Chop vegetables and add to a medium bowl.
4. In a small bowl, mix the dressing ingredients together (vinegar, oil, garlic, salt, pepper and sugar).
5. Pour the dressing over the salad. Mix well.
6. Refrigerate for at least one hour before serving for optimal flavor.
7. Store leftovers in the refrigerator in a sealed container.

### Nutrition Info:

Nutrition Facts	
Servings: 12	
Amount per serving	
<b>Calories</b>	<b>32</b>
	% Daily Value*
<b>Total Fat</b> 1.3g	2%
Saturated Fat 0.3g	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 102mg	4%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1.3g	5%
Total Sugars 2.8g	
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 0mg	2%
Potassium 220mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program