

# TOMATOES



**Storage and preparation tips:** Ripe and uncut tomatoes should be left on the counter uncovered if you plan to enjoy within a day or two. Cut tomatoes should be placed in an airtight container in the refrigerator.

**Nutrition benefits:** Tomatoes are rich in vitamin C, potassium, folate and vitamin K. They have been linked to lowering inflammation, boosting the immune system and lowering cholesterol.

## 5 WAYS TO ENJOY TOMATOES

**Raw:** Add sliced or chopped tomatoes to sandwiches, wraps and salads

**Roasted:** Roast tomatoes with preferred seasonings - add to a pasta dish or blend to create a homemade tomato soup or sauce

**Stuffed:** Bake tomatoes until soft, scoop out the core and stuff with your favorite ingredients.

**Appetizer:** Serve cherry tomatoes, cheese cubes, and fresh basil on toothpicks for a fresh snack

**Grilled:** Brush tomatoes with oil and seasoning and place on the grill for a few minutes



## BRUSCHETTA

### Ingredients:

- 1 baguette, cut into 1/2 inch slices
- 1/2 teaspoon garlic powder
- 3 tablespoon olive oil
- 3 cloves garlic, minced
- 4 large tomatoes, diced
- 1/4 cup onions, diced
- 1/4 cup basil, thinly sliced
- 1 tablespoom balsamic vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper



### Instructions:

1. Turn oven broiler on high, line a baking sheet with baguette slices. Drizzle baguette slices with olive oil and sprinkle with garlic powder.
2. Toast bread for a minute or two on each side until golden then remove from oven.
3. Add olive oil into small skillet over medium heat. Stir garlic continuously until garlic is soft then place oil into a large bowl and allow to cool.
5. Add diced tomatoes, onion, basil, balsamic vinegar, salt and pepper into bowl with oil.
6. Gently stir to combine. Serve on top of baguette slices.

Serves 10. Nutrition per 3 topped baguette slices : 190 calories, 5 g protein, 6 g fat, 29 g carbohydrates, 3 g fiber, 518 mg sodium