

Spotlight on...

Tomatoes



Nutrition Information

Tomatoes are an excellent source of vitamins C as well as the carotenoid, lycopene. Although the research isn't definitive, lycopene may reduce risk of certain kinds of cancer, such as prostate cancer.

Tomatoes have also been shown to have anti-inflammatory properties and therefore may reduce the risk of heart disease.



What are tomatoes?

Tomatoes are a technically a fruit, but are considered a vegetable, and they rank second, behind potatoes, as the most purchased vegetable in the U.S. They come in a wide variety of colors and sizes and are incredibly versatile in their uses. They are eaten raw and cooked, as sauces and salsas, and even sun dried.

Why eat them?

Tomatoes are sweet, juicy, can be added to many dishes and are an easily approachable vegetable for children and vegetable-avoiding adults. They are easy to prepare, add a lot of color and texture to salads and other dishes and are easily paired with other foods to make a meal or snack. They are also very nutritious and contain a lot of phytonutrients that support overall wellbeing.

How can I use them?

- Eat raw on their own or in salads
- Chop into a salsa
- Turn into a soup or sauce
- Use sun dried to create a unique pesto
- Use as a sandwich topper
- Stuff with a meat or grain mixture and bake
- Store ripe tomatoes on the counter if using within two days; otherwise move to the refrigerator and then take out 6 to 8 hours prior to using.
- Ripen unripe tomatoes by storing in a paper bag with a banana to speed up the ripening time!