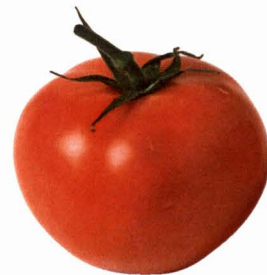


Tomatoes

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 teaspoons vegetable oil
- 1 onion, chopped
- 2 1/2 cups chopped tomatoes
- 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.

Chilean Tomato Salad

Ingredients:

- 2 cups thinly sliced onions
- 1/2 teaspoon salt
- 8 cups sliced tomatoes
- 1/4 cup basil, torn
- 1 tablespoon oil

Directions:

1. Place onions in a small bowl and sprinkle with salt. Set aside 20-30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions, and basil. Add oil and mix well.
4. Enjoy or refrigerate and serve cold!
5. Refrigerate leftovers.

Makes 8 servings.

Quick Tips

- One medium tomato is about 1 cup chopped.
- Add chopped tomatoes to scrambled eggs.
- Tuck sliced tomatoes into sandwiches.
- **Kids can help!** Mashing pieces of tomatoes to make a quick sauce or salsa is an easy, fun way to include your child in the kitchen!

Visit our website at www.jsyfruitveggies.org for more great recipes!

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

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