



Give Them More
of the
Good Stuff!

Tomato Basics

Shop and Save

✿ Tomatoes are in season between July and September, so they taste great and cost less.

✿ Look for tomatoes that are bright in color, and have no darkened areas or bruises under the skin. They should feel firm (not soft), but give slightly when you press on them.

✿ Canned tomatoes are usually low-cost and come in many forms: whole, crushed, diced, stewed, or as juice, sauce or paste. Consider low-sodium options.

Tomatoes have antioxidants for
a healthy immune system.



Types of Tomatoes

Red round tomatoes are the most common; size can vary from 2 inches across to much larger.



Cherry, grape and pear tomatoes are small (bite size) with a variety of shapes and colors.



Roma (Italian or plum) tomatoes are oval in shape, usually red, and commonly used for canning and making tomato sauce and paste.



Heirloom tomatoes include many varieties from the past and have different colors, shapes, flavors and sizes; they are most likely available at farm stands or farmers markets.



*For a great
on-the-go snack,
try cherry, pear or
grape tomatoes!*

Store Well Waste Less

■ **Keep ripe whole tomatoes at room temperature in a single layer in an open container; avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.**

⇒ **Refrigerate cut, cooked or opened canned tomatoes in a covered container. Use within 2 days.**

■ **Ripen tomatoes in a closed paper bag or plastic bag with holes. Hold at room temperature. Check daily.**



■ **Store unopened canned tomatoes in a cool, dry place and use within 8 to 12 months for best quality.**

■ **Freeze extra tomatoes:**

1. Wash tomatoes and remove the stem. Leave whole or chop.
2. Freeze in a tightly closed container or plastic bag. Label with the date.
3. Best when used in cooked dishes within 8 months.

Cooking with Tomatoes

Tomato Melt

Ingredients:

- ¼ cup shredded **cheese** (try cheddar, mozzarella or a blend)
- 1 Tablespoon **low-fat mayonnaise**
- ½ teaspoon **prepared mustard**
- 2 **English muffins**, halved or 2 **bread slices** (try whole wheat)
- 1 medium **tomato**, cut into 4 slices or diced

Directions:

1. In a small bowl, combine cheese, mayonnaise and mustard.
2. Spread cheese mixture evenly over English muffin halves or bread slices.

Oven or toaster oven method:

3. Broil or toast until cheese melts, 2-3 minutes.
4. Place tomatoes on each sandwich.
5. Serve 'as-is' or broil to heat the tomato, 2-3 minutes.

Skillet method:

3. Heat a skillet over medium heat. Add sandwiches bread side down.
4. Cover and heat until cheese melts, 7-8 minutes.
5. Top with tomatoes before or after heating.
6. Refrigerate leftovers within 2 hours.

Makes 4 muffin halves or 2 open-faced sandwiches

Prep time: 5 minutes

Cook time: 6-8 minutes

Go to
FoodHero.org
for more easy,
tasty tomato
recipes.

Quick Tomato Pasta Sauce

Ingredients:

- 2 teaspoons **vegetable oil**
- 2 cloves **garlic**, minced or ½ teaspoon **garlic powder**
- 1 can (14.5 ounces) diced or crushed **tomatoes** (about 1¾ cups)
- 1 Tablespoon **lemon juice** (optional)
- ¼ teaspoon **salt**
- ¼ teaspoon **pepper**
- ¼ teaspoon **red pepper flakes** (optional)

Directions:

1. In a medium saucepan, heat vegetable oil over medium heat. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step).
2. Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 15 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wash tomatoes by rubbing gently under cool running water.
- spread cheese mixture on bread.
- open cans safely to avoid sharp lid edges.

1 pound of fresh tomatoes = about 2½ cups chopped or 3 cups sliced