



Give Them More
— of the —
Good Stuff!

Tomato Basics

Shop and Save

- ✿ When tomatoes are in season, between July and September, 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 but have a little give when gently pressed.
- ✿ Canned tomatoes often cost less than fresh and can save you time. They come in many forms, such as whole, diced, sauce and juice. Look for “low-sodium” on the label for less salt.

Tomatoes have antioxidants for
a healthy immune system.



Store Well Waste Less

- For best flavor, keep whole tomatoes at room temperature in a single layer in an open container, away from sunlight. Use within 5 days. Refrigeration slows softening but may reduce flavor.
- Refrigerate cut, cooked or opened canned tomatoes in a covered container. Use within 2 days.
- To ripen, place tomatoes in a paper bag or a plastic bag with holes. Keep at room temperature and 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.

Types of Tomatoes

Red round tomatoes are the most common type. Their size can range from 2 inches across to much larger.



Cherry, grape and pear tomatoes are small and bite-sized. They come in different shapes and colors.



Roma (Italian or plum) tomatoes are oval in shape and usually red.



They are commonly used for canning and making tomato sauce and paste.



Heirloom tomatoes include many varieties from the past. They come in 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!

Enjoy Tomatoes

Tomato Melt

Ingredients:

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

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a small bowl, combine cheese, mayonnaise and mustard.
4. Spread cheese mixture evenly over English muffin halves or bread slices.
5. Cook using one of the methods below.
6. Refrigerate leftovers within 2 hours.

Oven or toaster oven method:

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

Skillet method:

1. Heat a skillet over medium heat. Add sandwiches bread side down.
2. Cover and heat until cheese melts, 7 to 8 minutes.
3. Top with tomatoes before or after heating.

Makes 4 muffin halves or 2 open-faced sandwiches

Prep time: 5 minutes

Cook time: 6 to 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**
- ¼ teaspoon *each* **salt** and **pepper**
- 1 Tablespoon **lemon juice** (optional)
- ¼ teaspoon **red pepper flakes** (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse fresh garlic under running water before preparing.
3. 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).
4. Add tomatoes, salt and pepper. Add lemon juice 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.
5. Serve over pasta, or use in any recipe that calls for pasta sauce.
6. 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:

- **rinse 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