

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

TOMATO

Tomatoes are one of the world's most consumed vegetable crops. They are plentiful in the summer months, and are at their freshest from May through October in Arizona!

Examples:



Chicken Tomato Bake



Tomato Basil Soup



Quinoa & Cherry Tomato Salad



Lasagna



Caprese Salad