How to Use Whole Foods

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

ΤΟΜΑΤΟ

Examples:

consumed vegetable crops. They are plentiful in the summer months, and are at their freshest from May through October in Arizona!

Tomatoes are one of the world's most



<u>Chicken Tomato</u> <u>Bake</u>



<u>Tomato Basil Soup</u>



<u>Quinoa & Cherry</u> <u>Tomato Salad</u>





Caprese Salad

<u>Lasagna</u>



This institution is an equal opportunity provider.

Consider using Tomatoes on the Vine (TOMATOES FR ON THE VINE 11 LB CS) through USDA Foods!