

Whole Food Profile

Learn the basics to start cooking with this nutritious, whole food!

TOMATO

A tomato is a juicy, red, fruit that grows on a vine or shrub. Botanically, the fruit exhibits all of the common characteristics of berries; a simple fleshy fruit that encloses its seed in the pulp. The outer skin is a thin, fleshy tissue that comprises the remainder of the fruit wall.



How to Select and Store TOMATOES:

Selection

BRIGHT SHINY AROMATIC

Avoid tomatoes that have hard or pale spots as well as ones with large bruises or cracks that are too long or deep to trim away.

They should be shiny, with a smooth, firm, uniform skin. The tomato should be soft enough to give into any real pressure and aromatic.

Storage



ON THE COUNTER OR IN THE REFRIGERATOR

If tomatoes are not yet ripe, they are best stored on the counter for a few days until they ripen.

Once they're ripe, they may be consumed right away or can be put in the refrigerator to preserve their freshness. A ripe tomato can stay fresh in the refrigerator for about two weeks.

Nutrition Facts

Serving Size approx 6 tomatoes (105g)

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 4g 0%

Dietary Fiber 1g 4%

Sugars 3g

Protein 1g

Vitamin A 15% • Vitamin C 20%

Calcium 2% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips for Preparing and Cooking:

Preparation

Thoroughly wash tomatoes under cold water and pat dry before consuming. They can be sliced, diced, or chopped. Tomatoes can be eaten with or without the skin depending on the desired recipe.

Try Tomatoes....

Roasted

Pre-heat oven to 400°F. Stem, seed, and dice tomatoes into cubes. Season with salt, pepper, olive oil and roast for 15 minutes. Add to salads, grains or rice!

Sliced

Slice ripe tomatoes about 1/4 inch thick. Layer with sliced fresh mozzarella and basil. Finish with salt, pepper, olive oil, and balsamic glaze and enjoy!

Pureed

Roast tomatoes with garlic. Add to a blender with vegetable broth, salt, pepper, and basil and mix. Heat up on the stove to enjoy fresh tomato soup!