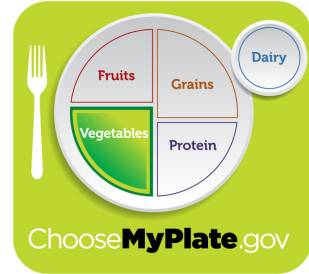


Tomatoes

- Unripe tomatoes should be stored at room temperature for 1-5 days to help them ripen evenly. This can help develop even more flavor!
- Once ripened, use immediately or store in fridge for 2-3 days.
- 1 cup raw, canned, or cooked tomatoes counts as one serving of vegetables.

Tomatoes contain vitamin C and vitamin A.

When tomatoes are consumed with a whole grain, it helps with iron absorption. Try making your own pasta sauce and eating it with whole wheat spaghetti noodles!



This institution is an equal opportunity provider. This material was funded in part by the USDA's Supplemental Nutrition Assistance Program-SNAP.

How to use:

- Add chopped tomatoes to salads or tacos for a nice pop of color, taste and serving of vegetables.
- Use fresh tomatoes to make pasta sauce. Simply combine with olive oil, garlic, diced onion, and herbs and spices. As they cook down the tomatoes start to release their juices and bring lots of flavor!
- Stuff large tomatoes with a filling of your choice and bake for an easy side dish at the dinner table.
- Combine cherry tomatoes and other veggies with olive oil, salt and pepper and roast at 350 degrees F until vegetables are tender.
- Roast tomatoes and make your own at home salsa
- Dice them and add them to your omelets!

