

A simple guide to

TOMATOES



Roma

Medium-sized with a bold, tangy flavor.



Beefsteak

Large, mild & juicy! Perfect for burgers or sandwiches.



Grape & Cherry

Small, sweet & add a pop of flavor.



Heirloom

Unique in color, shape & size.

In Season

J F M A M

May - October

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How To Select



Look for plump, heavy tomatoes with smooth skin. The stem should be green & fresh.



Avoid bruises or blemishes.



Ripe tomatoes should smell like a garden.

How To Store

Fresh

- Store on the counter, away from sunlight.
- Fresh tomatoes can be frozen up to 6 months & added to stews, soups & sauces.

Cooked

- Refrigerate leftover tomato dishes in a sealed container up to 5 days.

How To Prepare

Fresh

Slice tomatoes & toss with fresh basil, mozzarella & balsamic vinegar for an easy Italian salad.

Slice & add to salads, sandwiches, or burgers for extra color & flavor.

Roasted

Make your own tomato sauce! Roast fresh tomatoes & garlic in the oven 30-40 minutes at 400°F. Mash & add to your favorite pasta or homemade pizza.



Tip: Swapping for canned? Use this ratio!
2 cups diced fresh tomatoes = 1 (14.5 oz) can diced tomatoes

MARGHERITA CHICKEN PASTA

Ingredients:

- 1 (16 oz) package whole-wheat penne pasta
- Non-stick cooking spray
- 2 lbs boneless, skinless chicken breasts, diced
- 1 Tbsp garlic powder
- 1 cup unsalted chicken broth
- 1 Tbsp Italian seasoning
- 1 cup grated parmesan cheese
- 4 cups fresh spinach
- 2 cups grape tomatoes, halved
- 1 1/2 cups plain non-fat Greek yogurt

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. Lightly coat a large stockpot with cooking spray & heat over medium-high. Add chicken & garlic powder. Cook 3-5 minutes or until browned.
3. Add broth, Italian seasoning & cheese. Cook 1-2 minutes or until mixture begins to thicken. Add spinach & tomatoes. Reduce heat & simmer until spinach starts to wilt.
4. Stir pasta into pot. Remove from heat & stir in yogurt. Serve immediately.

25 Min | Serves 10

Nutrition Facts	
10 servings per recipe	
Serving size	(324g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 141mg	10%
Iron 3mg	15%
Potassium 661mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

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