A simple guide to

TOMATOES



Roma

Medium-sized with a bold, tangy flavor.



Beefsteak

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

M



Grape & Cherry

Small, sweet & add a pop of flavor.



Heirloom

Unique in color, shape & size.

In Season

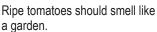
May - October

How To Select

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



Avoid bruises or blemishes.



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.





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:

- Prepare pasta according to package directions. Drain & set aside.
- Lightly coat a large stockpot with cooking spray & heat over medium-high. Add chicken & garlic powder. Cook 3-5 minutes or until browned.
- 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

| 10 servings per recipe Serving size | (324g |
|--|--------------|
| Amount per serving Calories 3 | 70 |
| | ly 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 | 219 |
| Total Sugars 3g | |
| Includes 0g Added Sugars | s 0 % |
| Protein 35g | |
| Vitamin D 0mcg | 09 |
| Calcium 141mg | 109 |
| Iron 3mg | 159 |
| Potassium 661mg | 159 |



Are calories & sodium close



