## A simple quide 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.

#### How to Prepare



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

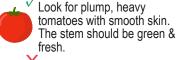


Make your own tomato sauce! Roast fresh tomatoes & garlic in the oven 30-40 minutes at 400°F. Mash & add to your favorite pasta or homemade pizza.



Add fresh tomatoes to salads, sandwiches, or burgers for extra color & flavor.

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Avoid bruises or blemishes.

How to Select



Ripe tomatoes should smell like a garden.

## Tip

Green tomatoes are delicious! Bake, grill, or dice them to make a tangy salsa or relish. Leave green tomatoes on the counter 1-2 weeks to ripen.

#### How to Store

- Tomatoes don't like to be cold.
  Store on the counter, away from sunlight.
- Fresh tomatoes can be frozen up to 6 months & added to stews, soups & sauces.
- Once cooked, refrigerate leftover tomato dishes in a sealed container for up to 5 days.







## Ingredients:

#### Bruschetta

- · 3 roma tomatoes, diced
- 1 Tbsp balsamic vinegar
- 1/4 cup minced fresh basil
- 1 Tbsp minced fresh oregano
- 2 cloves garlic, minced
- 1 Tbsp olive oil

#### Chicken

- 1 (16 oz) box whole-wheat spaghetti
- 1/3 cup pesto
- 2 Tbsp olive oil
- 1 lb boneless, skinless chicken breasts
- 1 tsp black pepper
- 3 cloves garlic, minced

## **Preparation:**

- 1. In a medium bowl, add all bruschetta ingredients. Stir until combined & set aside
- 2. Prepare pasta according to package directions. Drain pasta & add pesto. Toss until combined & set aside.
- 3. In a large skillet, heat oil over medium-high. Add chicken, pepper & garlic. Cook 7-8 minutes, or until chicken is browned on both sides, flipping chicken halfway through.
- 4. Serve chicken over pasta & top with bruschetta mixture.



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## 30 Min | Serves 6



