

*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.

### 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.

### 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

- 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.

## 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.



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# ITALIAN CHICKEN BRUSCHETTA

## 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.

30 Min | Serves 6

## Nutrition Facts

6 servings per recipe	
<b>Serving size</b>	(210g)
<b>Amount per serving</b>	<b>490</b> Calories
	% Daily Value*
<b>Total Fat</b> 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 709mg	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.

1 for 1 certified



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