



TOMATOES

IN SEASON

June - October

HOW TO SELECT

Choose tomatoes that are slightly firm to the touch, free of wrinkles or bruises & have bright, shiny skins.

HOW TO STORE

For best flavor, tomatoes should be stored on the counter-top at room temperature up to 1 week. Refrigerating tomatoes can cause them to lose flavor & develop a gritty texture.

HELPFUL TIP

Flavors continue to develop up to a few days after picking. Make sure to enjoy shortly after your trip to the farmers market!



Oklahoma Nutrition Information & Education Project



oniproject.org/recipes

SUMMERTIME SPAGHETTI



Nutrition Facts

Serving size: 1/8th recipe (292g)
Servings Per Recipe 8



Amount Per Serving

Calories 320 **Calories from Fat 80**

% Daily Value

Total Fat 8g 15%

Saturated Fat 1.5g 8%

Trans Fats 0g

Cholesterol 45mg 15%

Sodium 280mg 10%

Total Carbohydrate 38g 15%

Dietary Fiber less than 1g 4%

Sugars less than 1g

Protein 4g

Vitamin A 10% **Vitamin C** 35%

Calcium 4% **Iron** 15%

20 MIN | SERVES 8

INGREDIENTS:

- 1 (13.25 oz) box dry whole-wheat spaghetti
- 1 (14.5 oz) can 33% less sodium chicken broth
- 2 cups water
- 1/4 cup lemon juice
- 3 garlic cloves, minced
- 1/4 cup shredded parmesan cheese
- 1/2 cup chopped fresh parsley
- 2 Tbsp olive oil
- 1 tsp pepper
- 1 1/2 lbs cooked chicken, cubed
- 1 cup **TOMATOES**, diced
- 1 cup small broccoli florets

PREPARATION:

1. In a large glass microwave-safe bowl, break spaghetti in half. Add broth, water & juice. Cover with plastic wrap, leaving a small vent.
2. Microwave covered on high 14 minutes or until most liquid is absorbed, stirring once at halfway point.
3. In a small bowl, add garlic, parmesan, parsley, oil & pepper. Mix well.
4. Carefully remove from microwave. Add garlic mixture, chicken, tomatoes & broccoli. Mix well.
5. Microwave covered, on high 2-3 minutes or until broccoli is crisp-tender.



Cooking Video @ onieproject.org/videos