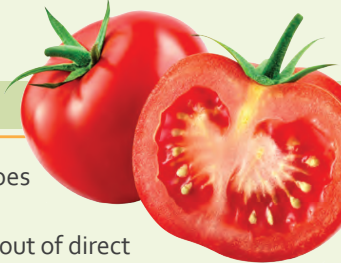


Tomatoes



Selection - Choose firm tomatoes with bright, shiny skins.

Storage - Store on the counter out of direct sunlight. Refrigerate if you cannot use them before they will spoil (stays fresh for up to 1 week after ripe).

Nutrition - Vitamin A in tomatoes supports healthy eyes and healthy skin.

3 EASY WAYS TO USE TOMATOES

- To bake tomatoes, slice tomato into thick slices. Put shredded cheese and vegetables such as spinach or peppers on top. Bake in a 400 degree oven for 8-10 minutes, until cheese melts.
- To make a salad, thinly slice tomatoes and cucumbers. Place in a bowl and mix with light Italian dressing. Thinly sliced onions can also be added. Refrigerate and serve cold.
- To use large tomatoes, stuff the tomatoes with tuna or chicken salad. Cut a thin slice off the bottom so the tomato won't fall over. Then scoop out the core and fill with salad of choice.



Bruschetta Salad

Makes 5 (1 cup) Servings

Ingredients

- 3 cups Roma tomatoes, chopped
- 1/2 cup red onion, chopped
- 1/4 cup fresh basil, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon oil
- 2 cups croutons

Directions

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.

