

HARVEST OF THE MONTH



SEPTEMBER

tomatoes

FUN FACTS

- The heaviest tomato weighed 7 pounds 12 ounces. It was grown by Gordon Graham in Oklahoma in 1986. This tomato made sandwiches for 21 family members.
- The tomato is the official state vegetable and official state fruit of Arkansas.

NUTRITION INFO

One medium tomato has 22 calories. Tomatoes are an excellent source of vitamins A, C and K. They are also a good source of lycopene.

PICK

Choose tomatoes that are free of mold and soft spots. Ripe tomatoes will have a sweet aroma and will yield to slight pressure.

STORE

Store whole tomatoes at room temperature and use within a few days. Whole tomatoes shouldn't be refrigerated. Once cut or sliced, tomatoes should be refrigerated for food safety reasons.

PREPARE

Wash with cold, running water before using

USE

Fresh cut tomatoes can be added to salads, sandwiches or wraps. Substitute 1/4-1/2 of an avocado with tomato when making guacamole. Try grilling tomato halves brushed with olive oil for an easy side!

Tomato Bruschetta Salad

Serves 10

Ingredients:

- 3 cups chopped tomatoes
- ½ cup chopped red onion
- ¼ cup chopped fresh basil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 Tablespoons balsamic or red wine vinegar
- 1 Tablespoon vegetable oil
- 1 cup croutons

Directions:

Wash hands with soap and water, Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl. Stir croutons into the salad and serve. Refrigerate leftovers within 2 hours.

Note: Can make croutons from dried bread, rolls or hamburger buns or cube and toast bread in the oven.

Per serving (1/2 cup): 55 calories, 2g fat, 0 g saturated fat, 1.5g protein, 8g carbohydrate, 1g fiber, 175mg sodium

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