

I PAIR WELL WITH...

- AVOCADO, BASIL
- MOZZERELLA, GARLIC, OLIVE OIL
- BALSAMIC, OREGANO, THYME

Nutrition Facts

Serving size: 1 cup Servings: 1

Amount per serving	
Calories	11
C	% Daily Value*
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 2.4g	1%
Dietary Fiber 0.7g	3%
Total Sugars 1.6g	
Protein 0.6g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
ron 0mg	1%
Potassium 147mg	3%
*The % Daily Value (DV) tells you h	ow much a

nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition



PREPERATION TECHNIQUES...

ROAST

RAW

SAUTE

GRILL

STEW

FRY

KEEP IN MIND...

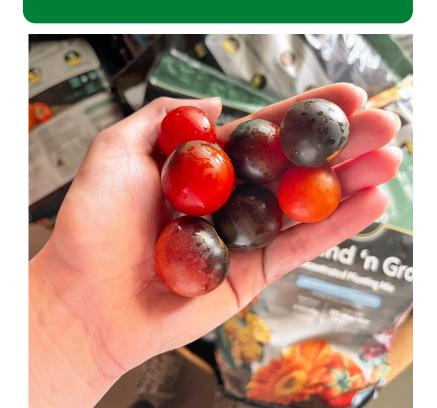
- Notable flavor
 - A balance of acid and sugar, sweet, tart, and tangy
- Can you consume it raw?
 - Yes! Tomatoes are very
 versatile and wonderful
 served raw on a
 bruschetta or cooked into
 a sauce
- What parts of the plant can you eat?
 - The skin, seeds, and flesh
- Short term storage
 - Low humidity, cool, dark place such as the fresh drawer in the fridge
- Long term storage
 - Blanch and shock tomatoes. Follow by skinning and crushing them to prepare for canning
 - Tomatoes can also be frozen for 6-9 months

NUTRIENTS AND BENEFITS

- Potassium
 - Lower blood pressure and reduce risk of stroke
- Vitamin C
 - Manage blood pressure, reduce risk of heart disease, immune system aid
- Folate
 - Lower blood pressure, improve cognitive function

ANTIOXIDANTS AND BENEFITS

- Lycopene
 - Benefit heart health
 - Protect immune system: protect body against damage caused by pesticides, herbicides, MSG and certain types of fungi
- Phenol compounds
 - Protect against degenerative diseases such as heart disease



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER