



## COOKING WITH

# FRESH TOMATOES

### **ABOUT FRESH TOMATOES**

- Tomatoes are actually considered a fruit because it has seeds and it is grown from a flowering plant.
- Tomatoes come in several colors such as yellow, green, orange, and, most commonly, red.
- Tomatoes are known as one of the healthiest foods in the world. It is filled with vitamin C, biotin, vitamin K, and potassium.
- Tomatoes are known to lower cholesterol, support bone growth, and have anti-cancer benefits.

### **EXTENDING THE SHELF LIFE OF FRESH TOMATOES**

- Tomatoes should be stored in the produce drawer in the fridge. It will allow them to last for about two weeks rather than only one week on the counter. Tomatoes will start to wither after the two weeks.

## SIMPLE TOMATO SALAD

SOURCE: [whatscooking.fns.usda.gov/recipes/food-distribution-fdd/simple-tomato-salad](https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/simple-tomato-salad)

### INGREDIENTS

- 3 fresh tomatoes (sliced)
- 2 tablespoons vegetable oil
- 2 teaspoons lemon juice
- 1/8 teaspoon black pepper
- 1/2 cup reduced fat cheddar cheese - shredded

### INSTRUCTIONS

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

## Nutrition Facts

### Amount Per Serving

**Calories** 230    Serving Size: ¼ cup

**% Daily Value\***

**Total Fat** 7g

Saturated Fat 1g

Polyunsaturated Fat 4g

**Cholesterol** 35mg

**Sodium** 441mg

**Potassium** 719mg

**Total Carbohydrates** 23g

Sugars 0g

**Protein** 16g

Vitamin A 0%

Vitamin C 78%

Calcium 2%

Iron 0%

\*Based on a 2,000 calorie diet



For additional recipes, please visit [akroncantonfoodbank.org/agency/recipes](https://akroncantonfoodbank.org/agency/recipes)

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