



COOKING WITH

CHERRY TOMATOES

ABOUT CHERRY TOMATOES

- Cherry tomatoes are about the size of a cherry, which is how it got its name. They are known for how very easy they grow.
- Filled with a great amount of flavor, cherry tomatoes are in many dishes and are low in sodium, and very low in saturated fat and cholesterol.
- Cherry tomatoes are high in vitamin C which helps with anti-aging, wound healing, decreasing blood cholesterol and prevention of infections.

EXTENDING THE SHELF LIFE OF CHERRY TOMATOES

- Cherry tomatoes stored in the produce drawer in the fridge will allow them to last for about two weeks rather than only one week on the counter. Tomatoes will start to wither when they get bad.
 - Do not store near fruits.
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ROASTED CHERRY TOMATOES

SOURCE: foodnetwork.com/recipes/tyler-florence/roasted-cherry-tomatoes-recipe2.html

INGREDIENTS

- 2 pounds cherry tomatoes
- 3 tablespoons extra-virgin olive oil
- salt and freshly ground black pepper

INSTRUCTIONS

1. Heat the oven to 400 degrees F.
2. Place the tomatoes on a sheet pan, drizzle over the olive oil and season with salt and pepper.
3. Roast until the tomatoes collapse, about 10 minutes.

Nutrition Facts

Amount Per Serving

Calories 61.2 Yields 4-6 servings

% **Daily Value***

Total Fat 3.9g

Saturated Fat 0.5g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 2.6g

Cholesterol 0mg

Sodium 13.4mg

Potassium 331.3mg

Total Carbohydrates 6.9g

Dietary Fiber 1.6g

Sugars 0g

Protein 1.3g

Vitamin A 18.6%

Vitamin B 66.0%

Vitamin C 24.9%

Iron 3.8%

*Based on a 2,000 calorie diet



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