



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

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



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