

# Tomatoes

## Key Points

- For the best buy, choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- To prepare fresh tomatoes, rinse and slice or chop. Eat fresh or cooked.
- To store fresh, keep tomatoes at room temperature (out of direct sun) for 2-3 days, then store in refrigerator up to a week.
- Tomatoes contain vitamin A, which is good for healthy eyes and skin.



## Easy Tomato Sauce

### Ingredients:

- 1 1/2 teaspoon vegetable oil
- 1 onion, chopped
- 2 1/2 cups chopped tomatoes
- 1 tablespoon garlic powder (or 2 cloves garlic, chopped)
- 1/2 teaspoon oregano (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15-20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

## Tomato Salsa

### Ingredients:

- 3 tomatoes, chopped
- 2 onions, chopped
- 2 garlic cloves, minced
- 3/4 teaspoon salt
- 1 tablespoon vinegar
- 1 1/2 teaspoon vegetable oil
- 1 cup chopped cilantro (optional)

### Directions:

1. Combine all ingredients in a large bowl.
2. Cover and chill.
3. Serve with raw vegetables, tortilla chips or over rice. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- One medium tomato chopped is about 1/2 cup.
- Add chopped tomatoes to scrambled eggs.
- Tuck sliced tomatoes into sandwiches.
- Remember to rinse all fruits and vegetables before using.

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Health

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