

## Tomato Salad Platter

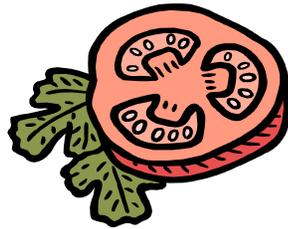
- 8 medium tomatoes, peeled and sliced, or cut in quarters
- 1 (5/8-ounce) package dry Italian salad dressing mix

Arrange chilled tomatoes on platter or large plate. Just before serving, sprinkle on salad dressing mix. The juicy tomatoes make their own dressing.

Makes 8 servings. (*Calories: 30, Fat: .4 grams, Sodium: 320 mg.*)

## Baked Tomato Halves

- 8 medium tomatoes
- 1 cup herb-seasoned stuffing mix
- 2 Tablespoons butter or margarine



Wash tomatoes; remove stem and flower ends. Cut in crosswise halves. Place in shallow baking pan.

Top each tomato half with 1-tablespoon bread stuffing mix. Dot with butter. Bake in moderate oven (375 degrees) until tender and top browns, about 20 minutes.

Makes 8 servings. (*Calories: 107, Fat: 7 grams, Sodium: 189 mg.*)

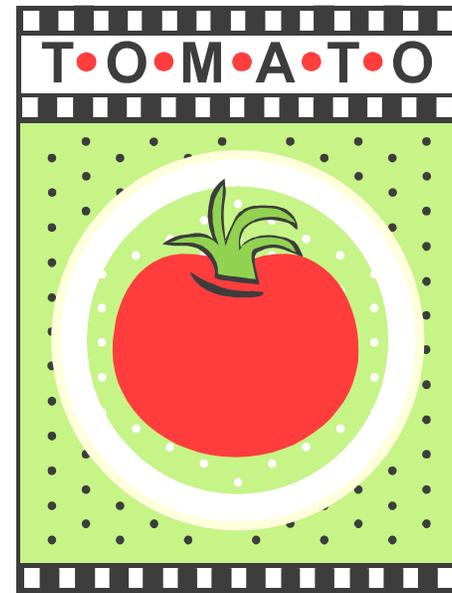
Revised 2/2012

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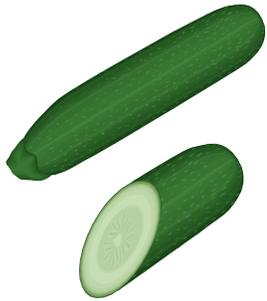
# Tomatoes Tart & Tasty



### Nutrition Education Program

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### Menu Idea

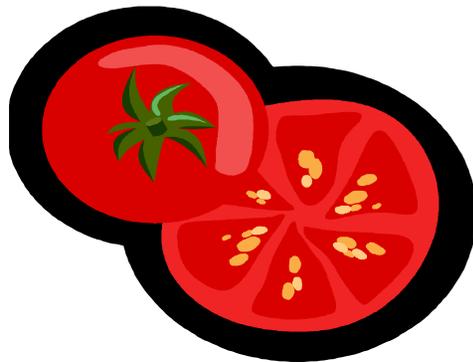
Meat or Hard Boiled Eggs  
Skillet Zucchini  
Crusty Bread  
Fresh Strawberries

## Skillet Zucchini with Chopped Tomatoes

Makes 4 servings, 1/2 cup each  
(Per serving: 52 calories, 1 gram of fat.)

1 teaspoon margarine  
2 small onions, chopped  
4 small (6-inch) zucchini, thinly sliced  
2 medium tomatoes, chopped  
1/2 thinly sliced green pepper (optional)  
8-10 fresh sliced mushrooms (optional)  
Ground black pepper

1. Place margarine in nonstick fry pan. Melt over medium heat.
2. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes.
3. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp.
4. Season to taste with pepper.
5. Refrigerate leftovers.



### Menu Idea

Beef Roast  
Fruit Cocktail  
Baked Potato  
Low-fat Milk  
Super Vegetable Medley

## Super Vegetable Medley

(6 servings)

Good source of vitamins A&C.

1 1/2 cups onions, coarsely chopped  
1 1/2 cups carrots, thinly sliced  
2 cups celery, sliced  
2 cups green beans, canned, or 1 small box of frozen pea pods  
1 (28-ounce) can undrained canned tomatoes, broken up  
2 teaspoons salt  
Dash of pepper  
3 Tablespoons minute tapioca



Preheat oven to 350°.

Combine ingredients in a flat baking dish (not aluminum). Cover tightly with foil, or lid, and bake at 350° for 1 1/2 hours or simmer in crock-pot.

Pan size: 9" x 9" or large casserole dish with lid.

## Tomato/Tomato Paste Salsa

Yield: 16 pints

*(53 calories per cup, 1/4 gram of fat per cup,  
60 mg per cup of vitamin C)*

3 quarts tomatoes, peeled and chopped  
4 cups green peppers, chopped (about 2 large bell peppers)  
12-ounce jar jalapeno peppers (in vinegar, drained)  
1 cup long green chilies, seeded, chopped (about 3 chilies)  
3 cups onions, chopped (about 3 medium)  
3 cups celery, chopped  
4 cloves garlic, minced  
2 (12-ounce) cans tomato paste  
2 cups bottled lemon juice  
1 Tablespoon salt  
1 cup sugar  
1 Tablespoon ground cumin

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat and continue boiling for 30 minutes, stirring occasionally. Ladle hot salsa into hot pint jars, leaving 1/2-inch headspace. Wipe jar rims and cap with properly pretreated lids. Adjust lids.

Process in boiling water canner for 20 minutes.



## JUST ADD SALSA

-  Top a baked potato or macaroni and cheese.
-  Use instead of mustard or mayo.
-  Marinate chicken, pork, or steak.
-  Toss with grilled, steamed, or sautéed vegetables or a salad.
-  Replace canned tomatoes in soups, stews, or chill.
-  Mix with sour cream for a dip.
-  Blend with filling for deviled eggs.
-  Blend with rice or couscous.
-  Mix with corn and black beans to create a chilled salad or relish.
-  Blend with cream cheese and grated Cheddar to create a cheese spread.
-  Toss with pasta or spaghetti squash.
-  Add to chili.
-  Use as pizza topping.

## The Nutritious Tomato

- Include tomatoes in your meals.
- They can be one of your "5-a-day" choices from the fruit and vegetable groups.
- Tomatoes are a good source of vitamin C.



## The Versatile Tomato

Tomatoes can be used many ways in your meals.

**Fresh** tomatoes are good sliced, stuffed, in salads and in sandwiches. Tacos and subs also use fresh tomatoes.

**Cooked or canned** tomatoes can be used alone, but work very well with many other foods. Casseroles, soups, stews, and skillet meals are some possibilities. Spaghetti sauce, pizza sauce and salsa are popular uses of tomatoes.

## Canned Tomatoes

A wide variety allows you to choose the tomato product that is right for your need.

juice	crushed	stewed
sauce	diced	spaghetti sauce
puree	wedges or chunks	soup
paste	whole	salsa

## Shopping Tips

- For best flavor, buy locally grown tomatoes that were allowed to ripen before picking.
- Buy only what you need. Fresh tomatoes are perishable.
- Don't buy damaged tomatoes even if the price is low. *Avoid soft, overripe or bruised tomatoes. Also avoid tomatoes with sunburn (green or yellow areas) and growth cracks (deep brown cracks around the stem area.) **Never** buy decayed tomatoes. These may have soft, water soaked spots, depressed areas, and surface mold.*



## Storage

- Tomatoes which are not fully ripe should be allowed to ripen at room temperature away from direct sunlight. They will not ripen in the refrigerator.
- If you must store tomatoes in the refrigerator to prevent spoilage, keep them from "near freezing" temperatures. Very cold temperatures make tomatoes mushy.

