

Shopping Tips

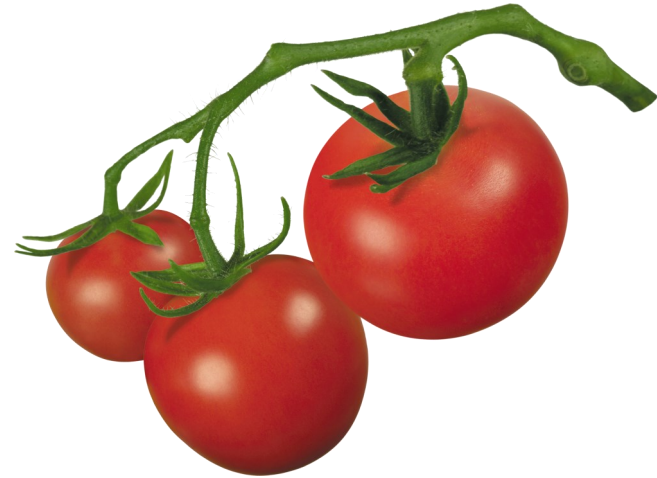
- For best flavor, buy locally grown tomatoes that were allowed to ripen before picking
- Buy only what you need. Fresh tomatoes are perishable.
- Don't buy damaged tomatoes even if the price is low. *Avoid soft, overripe, or bruised tomatoes. Also avoid tomatoes with sunburn (green or yellow areas) and growth cracked (deep brown cracked 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.

Tomatoes Tart & Tasty



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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

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.

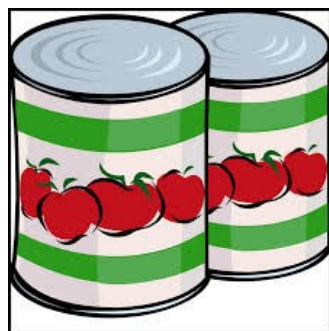


The Versatile Tomato

Tomatoes can be used many ways in your meals.

Fresh tomatoes are good sliced, stuffed, in salads, and on 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	Soup	Wedges or Chunks
Paste	Whole	Salsa

Tomato/Tomato Paste Salsa

Yield: 16 pints
Per cup: 53 calories,
¼ grams of fat, 60 mg 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 time in a boiling water canner for hot pack pint jars at the following elevations:

0-1,000 feet	15 minutes
1,001-6,000 feet	20 minutes

Tips for using 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 chili
- Mix with sour cream for 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

Tomato Basil Bruschetta

(12 servings)

*Per serving: 103 calories,
3 grams of fat*

8 tomatoes, ripe, Roma plum, chopped
2 garlic clove, minced
½ red onion, chopped
6 basil leaves, fresh
2 Tablespoons olive oil, extra virgin
Salt and pepper, optional to taste
2 mini French bread, cut into ½ inch diagonal slices

1. Preheat oven to 400°
2. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.



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, 30 Calories, 0.4 grams of fat, 320mg Sodium

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 halved. Place in shallow baking pan. Top each tomato half with 1 tablespoon bread stuffing mix. Dot with butter. Bake in 375° oven until tender and top browns, about 20 minutes.

Makes 8 servings, 107 Calories, 7 grams of fat, 189mg Sodium

Broiled Tomatoes and Cheese

8 tomatoes, large and firm
8 ounces cottage cheese, low-fat
½ teaspoon basil, dried
¼ cup bread crumbs, plain
Pepper to taste
Cooking spray or vegetable oil

Wash tomatoes and cut in half. Mix cottage cheese, basil, and pepper. Spread cheese on tomato halves. Sprinkle with bread crumbs and spray with cooking spray. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil for about 10 minutes.

Makes 8 servings, 134 Calories, 3 grams of fat, 324mg Sodium

Stuffed Tomatoes (6 servings)

*Per serving: 115 calories,
3 grams of fat*

- 1 onion, small
- 3 tomatoes, large
- 1 cup bread crumbs (unseasoned)
- 2 teaspoons parsley (dried)
- 2 teaspoons basil (dried)
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- 1 Tablespoon vegetable oil
- ¼ cup water (or more as needed)

1. Preheat oven to 400°
2. Peel the onion, chop into small pieces.
3. Cut each tomato in half, remove the part with the stem.
4. Gently squeeze each tomato half over the sink to remove the seeds.
5. Put the breadcrumbs into medium bowl. Add the spices and oil.
6. Mix well, slowly adding water to moisten the crumbs.
7. Use a spoon to press the crumb mixture into the tomato halves.
8. Lightly oil a baking pan. Place the tomatoes on the pan, with the cut sides up.
9. Bake with 15-20 minutes, until the crumbs are browned and the tomatoes are soft.

Notes:

If you don't have a box of breadcrumbs, make your own. Toast 4 slices of bread. Crush with a rolling pin or the side of a jar to make breadcrumbs. If you don't have breadcrumbs or bread, crush 3 cups of flaked cereal instead.

Menu Idea
Baked Chicken
Stuffed Tomatoes
Carrot Sticks
Whole Wheat Dinner Rolls
Low fat Milk

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

Menu Idea
Meat or Hard Boiled Eggs
Skilled Zucchini
Crusty Bread
Fresh Strawberries
Low fat Milk

Super Vegetable Medley (6 servings)

Good source of vitamins A & C.

- 1½ cups onions, coarsely chopped
- 1½ 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

1. Preheat oven to 350°
2. Combine ingredients in a flat baking dish* (not aluminum).
3. Cover tightly with foil or lid and bake at 350° for 1½ hours or simmer in crock-pot.

*Pan size—9"x9" or large casserole dish with lid.

Skilled Zucchini (4 servings)

*Per serving: 52 calories,
1 grams of fat*

- 1 teaspoon margarine
- 2 small onions, chopped
- 4 small (6-inch) zucchini, thinly sliced
- 2 medium tomatoes, chopped
- ½ 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.