

TOMATOES



WHAT DO THEY TASTE LIKE?

Tomatoes have a sweet but savory taste and a juicy texture.

HOW DO I PICK THEM?

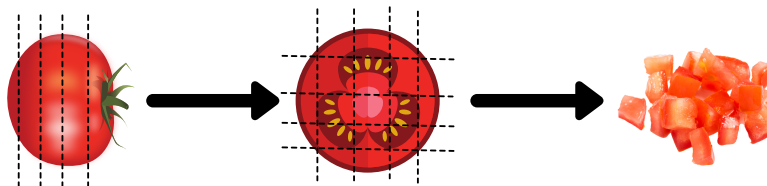
Gently squeeze tomatoes to test for firmness. A good tomato will be slightly firm.

HOW DO I STORE THEM?

Keep uncut tomatoes at room temperature on the counter away from sunlight. Make sure they are not touching each other and are facing stem side up. Store cut tomatoes in a container inside the refrigerator for up to 2 days.

HOW DO I PREPARE THEM?

1. Wash fully in cold water.
2. Turn the tomato on its side. Slice the tomato and remove the stem.
3. If the recipe calls for diced tomatoes, lay the slices flat on a cutting board. Cut into strips in one direction then in the other direction.



Add fresh tomato slices to a **sandwich** or diced tomatoes to a **salad** or **salsa**, add roasted or dried tomatoes as a **side dish**, snack, or to a meal, or make **tomato sauce** or **soup**.

FRESH CORN AND TOMATO SALSA

Ingredients:

- 1 1/2 cups fresh diced tomatoes
- 1/2 cup fresh or frozen corn
- 1/4 cup diced red onion
- 2 cloves garlic, minced
- 2 tablespoons lime juice
- 2 tablespoons fresh chopped cilantro
- 1/4 teaspoon salt
- Chopped jalapeño pepper, to taste (optional)

Directions:

1. Wash and prepare all vegetables.
2. In a medium bowl, combine all ingredients.
3. Serve immediately. This will last 1 to 2 days in the refrigerator.

Serving Suggestions:

- On top of tacos
- With baked tortilla chips
- Over grilled fish or chicken

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KITCHEN TIP!

Avoid using aluminum pots or pans when cooking tomatoes. The acidity in tomatoes will cause a chemical reaction with the pan that will make the tomatoes taste bitter.