



Tomato Tips

- Choose firm, well-shaped tomatoes that are fragrant and rich in color.
- Tomatoes should be free from blemishes, heavy for their size and give slightly to pressure.
- Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 ½ cups of chopped tomatoes.
- Store ripe tomatoes at room temperature and use them within one week. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.
- Tomatoes taste best if unrefrigerated; refrigerate only if you can't use them before they spoil.
- Tomatoes are rich in fiber, vitamins C and A and potassium.
- A medium tomato contains about 25 calories and is low in sodium.

Pico de Gallo

This classic Mexican salsa combines the fresh flavors of veggies, herbs and tangy citrus for the perfect dip or topper for a variety of dishes.

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 2 large tomatoes, diced
- ¼ onion, minced
- 1 serrano pepper, seeds removed and minced (use ¼ cup bell pepper for mild salsa)
- ¼ cup chopped cilantro
- 2 tablespoons lime juice
- ¼ teaspoon salt

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh produce under running water before preparing.
3. In a large bowl, combine all ingredients. Serve right away.
4. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/pico-de-gallo>





Corn and Tomato Salad

Light and refreshing salad with Italian dressing and fresh herbs. A great option for side dishes, potlucks or summer BBQs.

Yield: 6 Servings

Time: 10 Minutes

Ingredients

- 1 $\frac{3}{4}$ cups corn (cooked from fresh or frozen, or canned, drained and rinsed)
- 3 small tomatoes, diced (1 $\frac{1}{2}$ cups)
- $\frac{1}{3}$ cup Italian salad dressing
- $\frac{1}{4}$ cup chopped fresh basil

Instructions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Combine all ingredients in a medium bowl.
4. Serve at room temperature or chilled.
5. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/corn-tomato-salad>



Broccoli Salad

This sweet and savory salad is packed with antioxidants to keep you feeling great!

Yield: 6 Servings

Time: 10 Minutes



Ingredients

- 4 cups broccoli washed, trimmed, and cut into bite-size pieces
- ¼ cup red onion, diced
- ½ cup raisins
- ¾ cup radishes, thinly sliced
- ⅓ cup mayonnaise
- 2 ½ tablespoons plain, low-fat yogurt
- 1 tablespoon sugar
- 1 tablespoon rice wine vinegar or 1 tablespoon apple cider vinegar

Instructions

1. In a medium bowl: combine broccoli, onions, raisins and radishes.
2. In a small bowl: blend mayonnaise, yogurt, sugar and vinegar.
3. Pour dressing over broccoli and mix well.
4. Refrigerate for at least 2 hours before serving. (This will help marinate the ingredients but is not essential.)

Source: <https://eatfresh.org/recipe/salads/broccoli-salad/>



**Eat
Well**

Spinach and Pasta

Yield: 4 Servings

Time: 15 Minutes



Ingredients

- 4 ounces uncooked whole wheat pasta (try bow ties or macaroni)
- 2-10 ounce boxes frozen, chopped spinach
- 3 tablespoons of ranch dressing
- 3 tablespoons shredded, reduced fat cheddar cheese

Instructions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Cook pasta according to directions on package. Drain and cool.
3. Microwave spinach on high for 2-3 minutes until thawed. Drain well.
4. Combine drained spinach, cooked pasta and dressing in a casserole dish.
5. Top with cheese and microwave on high for 3-4 minutes. Serve.

Source: <https://www.azhealthzone.org/recipes/spinach-and-pasta/>



Chili Tomato Macaroni

You don't have to use salt in this macaroni, tomato and beef dish seasoned with the Eating Smart Seasoning Mix.

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- ¾ pound ground beef, 90% lean
- 1 ½ cups water
- 1 cup macaroni, uncooked
- 1 can (14.5 ounces) diced tomatoes, low-sodium, undrained
- 2 teaspoons chili powder, mild
- ½ cup Eating Smart Seasoning Mix
- salt (optional, to taste)
- 2 ounces shredded cheddar cheese

Eating Smart Seasoning Mix

- 1 ¼ teaspoons black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- ¾ cup dried minced onion
- 2 cups non-fat dried milk

Instructions

1. Wash hands with soap and water.
2. Brown ground beef in a large skillet; drain the fat.
3. Add water, macaroni, tomatoes, chili powder and seasoning mix. Stir.
4. Bring to a boil, reduce heat to low and simmer covered on low heat for 20 minutes or until macaroni is tender.
5. Taste, and add a small amount of salt, if desired.
6. Top with shredded cheddar cheese. Put the lid back on for 1 minute until the cheese is melted.



Source: <https://www.myplate.gov/recipes/chili-tomato-macaroni>



Stuffed Tomatoes

Stuffed tomatoes make a delicious side dish.

Yield: 6 Servings

Time: 30 Minutes

Ingredients

- 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)

Instructions

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



Pea Pesto

Enjoy this gorgeous, bright green pesto on your favorite protein food or pasta.



Yield: 8 Serving

Time: 10 Minutes

Ingredients

- 1 cup frozen peas (can also use fresh or canned)
- ½ cup grated Parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen or canned)
- ½ cup walnuts
- 2 cloves garlic
- ¼ cup extra virgin olive oil
- ¼ cup water
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Wash hands with soap and water.
2. Add peas, Parmesan cheese, basil, spinach, walnuts and garlic into a food processor or blender.
3. Add in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce.
4. Place pesto in an airtight container. Refrigerate until needed.

Source: <https://www.myplate.gov/recipes/pea-pesto>

*Rinse fresh fruits
and vegetables under
running water.*



Pea Guacamole

While avocados tend to get all the guacamole glory, sometimes they're not available, not ripe or too expensive! Check out this tasty, bright and satisfying recipe that puts green pea in the leading role.



Yield: 12 Serving

Time: 5 Minutes

Ingredients

- 2 cups frozen peas, thawed
- 2 tablespoons lime juice
- ½ cup grape tomatoes, halved
- ¼ cup red onion, chopped
- 1 can green chilies, drained, diced (4 oz)
- 3 tablespoons cilantro (chopped)
- 1 clove fresh garlic, minced
- ¼ teaspoon black pepper
- salt (to taste, optional)

Instructions

1. Wash hands with soap and water.
2. Mash peas until smooth.
3. Add the lime juice, tomato, onion, green chilies, cilantro, garlic, salt (if using) and black pepper. Mix well.
4. Serve with an assortment of raw vegetables and whole-grain tortilla chips.

Source: <https://www.myplate.gov/recipes/pea-guacamole>



Roasted Radishes

Yield: 2 Servings

Time: 15 Minutes

Ingredients

- 1 bunch radishes
- 1 tablespoon lemon juice fresh
- 1 tablespoon herbs fresh, chopped or
1 teaspoon dried herbs
- ¼ teaspoon salt
- 1 teaspoon olive oil

Instructions

1. Trim ends off radishes and slice in half.
2. Place on a baking sheet. Toss with 1 teaspoon olive oil and ¼ teaspoon salt.
3. Roast at 425 degrees F for 10 minutes.
4. Remove baking sheet from oven and place radishes in a serving bowl. Toss with lemon juice and herbs.



Source: <https://eatfresh.org/recipe/side-dish/roasted-radishes/>



Spinach and Chicken Italian

Tender chicken breast topped with spinach, tomato sauce and creamy cheese, then baked for a delicious and satisfying meal.

Yield: 8 Servings

Time: 30 Minutes

Ingredients

- 1 cup tomato pasta sauce (store-bought or homemade)
- 1 pound chicken breast, cut or pounded into ½-inch thick slices
- ¼ teaspoon each salt and black pepper
- 1 package (10 ounces) frozen spinach, thawed and drained or 4 cups fresh spinach leaves
- ¾ cup shredded mozzarella cheese

Instructions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 350 degrees F.
4. Pour ½ cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle salt and pepper on the chicken. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
5. Bake for 30 to 40 minutes until the chicken is cooked through (165 degrees F using a food thermometer) and the cheese begins to turn brown.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/spinach-and-chicken-italian>



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