



TOMATOES

Description

Tomatoes are in season July-October in Missouri. Tomatoes are an excellent source of vitamins A and C. Vitamin C is an antioxidant that may play a role in reducing the risk of heart disease and certain cancers. Vitamin C also aids in the body's healing process. Tomatoes also contain lycopene which aids in protecting the heart and may also help reduce the risk of some forms of cancer.

Selection

A ripe and ready-to-pick tomato on the vine should be firm but have a slight give when it is pressed gently. Avoid those with blemishes or soft spots.

Storing

Tomatoes should be stored at room temperature for a week or longer.

Preparing

Rinse tomatoes gently under cool running water before serving. Tomatoes can be prepared in a variety of ways including eaten fresh, roasted, pureed, or made into salsa or pasta sauce.

Recipe of the Month

Baked Tomatoes

Ingredients:

- 2 large tomatoes cut into thick slices
- ½ cup freshly grated parmesan cheese
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp pepper
- ½ tsp Italian seasoning
- 1-2 Tbsp olive oil

Directions

1. Preheat oven to 400 degrees Fahrenheit. In a small bowl, toss cheese with seasonings.
2. Top tomato slices evenly with the cheese mixture and drizzle with olive oil.
3. Bake for 5 to 10 minutes or until the cheese melts and begins to brown.

Nutrition Facts

Serving Size 1 medium raw
2-¾" diameter tomato (123g)

Amount per serving

Calories 22

% Daily Value*

Total Fat	0.2g	0%
Saturated Fat	0g	0%
Trans Fat	0mg	
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	5g	2%
Dietary Fiber	1.5g	5%
Total Sugars	3g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	12mg	1%
Iron	0.3mg	2%
Potassium	292mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Need help stretching your food dollars?

Contact your local resource center or go online to: mydss.mo.gov/food-assistance

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