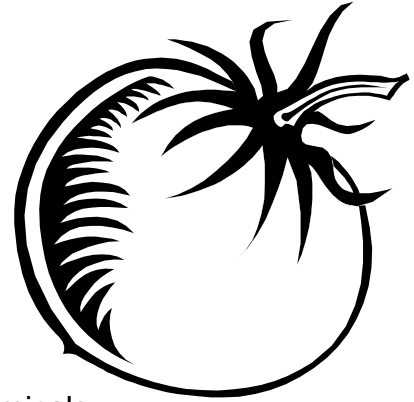


# Tomatoes



Everything You Ever Needed to Know About Tomatoes...

- They are rich in lycopene, flavonoids and other phytochemicals.
- Tomatoes are an excellent source of vitamin C (the vitamin C is most concentrated in the jelly-like substance that surrounds the seeds).
- They also contain vitamin A and B complex vitamins, potassium and phosphorus.
- Versatility...tomatoes can be used in soups, casseroles, omelets, salads, and pastas.
- Pick tomatoes with slightly less color than needed, to assure longer shelf life. Tomatoes ripen quickly, and sometimes they ripen at different rates.
- Proper temperature is critical to tomato quality. The ideal storage temperature range is 55-65°F, with an 85-95% relative humidity.
- When serving tomatoes use ripe, red tomatoes first; they have the most flavor.

## NUTRITION FACTS

<b>Serving Size</b>	1 medium tomato
<b>Calories</b>	35
<b>Fiber</b>	1g
<b>Protein</b>	1g
<b>Carbohydrates</b>	7g
<b>Vitamin C</b>	40%
<b>Vitamin A</b>	20%
<b>Iron</b>	2%
<b>Calcium</b>	2%

Bird's Eye Website – [www.birdseyefoods.com](http://www.birdseyefoods.com)

For questions regarding Bird's Eye Products 1-800-563-1786



Cornell University  
Cooperative Extension  
Monroe County



*Cornell Cooperative Extension of Monroe County provides research-based information and educational programs to address local priority needs in the areas of Agriculture, Environment, Horticulture, 4-H Youth Development, and Nutrition, Food Safety & Health.*



## **Roasted Corn and Chipolte Salsa- Makes 4 cups**

*Adapted from Cooksrecipes.com*

1 cup Birds Eye Sweet Kernel Corn	1 fresh tomato, diced
16 oz salsa	1 small diced red onion
4 oz diced green chilies	Salt & Pepper to taste
2 tsp fresh cilantro, chopped	

- 1) Heat corn in a dry skillet, stirring frequently, until dark roasted spots appear.
- 2) Combine roasted corn, salsa, green chilies, cilantro, tomato, and red onion in a medium bowl. Season with salt and ground black pepper.
- 3) Serve with a baked potato chip.

**Nutrition Facts:** Calories 45, Fat 0 g, Sat. Fat 0 g, Cholesterol 0 mg, Sodium 560 mg, Carbs 10g, Fiber 1 g, Protein 1 g

## **Chilled creamy tomato soup- Serves 6**

*(Recipe courtesy of Farm-Fresh Recipes by Janet Mujure)*



1 cucumber, peeled, seeded and chopped	3 cups tomato juice
1 green pepper, seeded and chopped	1 cup tomatoes, chopped
2 green onions, chopped	1 cup plain, nonfat yogurt
2 cloves garlic, crushed	½ tsp dill weed

Raw mushrooms, watercress sprigs or croutons (thinly sliced, for garnish)

- 1) Combine all ingredients, except garnish, and mix well.
- 2) Chill at least 2 hours. Garnish and serve as appetizer or main course, with a green salad and wheat rolls.

**Nutrition Facts:** Calories 70, Fat 1 g, Sat. Fat 0 g, Cholesterol 0 mg, Sodium 270 mg, Carbs 14g, Fiber 2 g, Protein 4 g

## **Tomato Sandwiches- Serves 8**

*Courtesy of Farm-Fresh Recipes by Janet Majure*



3 oz cream cheese, softened	1 tsp green pepper, minced
1 tsp onion, grated	4 firm tomatoes, sliced
1 tsp parsley, chopped	Salt & black pepper, to taste

- 1) Combine cream cheese, onion, parsley and green pepper. Season with salt and pepper.
- 2) Drop a heaping tablespoon of mixture on one tomato slice. Top with another slice and press together to make a sandwich. Serve.

**Nutrition Facts:** Calories 30, Fat 0 g, Sat. Fat 0 g, Cholesterol 0 mg, Sodium 350 mg, Carbs 5 g, Fiber 1 g, Protein 2 g