



Tomato

The original "Juicy Fruit"!



Nutritional Benefit:

- One medium tomato has only 22 calories
- Great source of beta carotene, lycopene and vitamins C and K.

How to Pick, Store, & Prepare:

- Choose tomatoes that are free of mold and soft spots. The color may vary.
- Ripe tomatoes will have a sweet aroma and will yield to slight pressure.
- Store tomatoes at room temperature and use within a few days or refrigerate for longer storage.
- Be sure to take tomatoes out of the refrigerator 30 minutes prior to use for maximum flavor.
- Tomatoes can be enjoyed raw, cooked or dried.

How to Increase Consumption:

- For an easy side dish, try grilling tomato halves brushed with olive oil.
- Fresh cut tomatoes can be added to your next salad or sandwich.
- Feature fresh tomatoes as their own layer in a seven layer dip.
- When making guacamole, substitute 1/4- 1/2 of the avocado with fresh tomatoes.



NuVal Score: 96

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Tomato Recipe

Tomato Bread Salad

Serves 8 (about 2/3 cup each)

Ingredients:

- 8 cups cubed Italian or French bread
- 3 cups chopped tomatoes
- 3/4 cup minced fresh basil or 1/4 cup dried basil
- 1/2 cup thinly sliced red onion
- 1/3 cup olive oil
- 2 Tbsp. red wine vinegar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. minced garlic



Directions:

In a large bowl, combine bread, tomatoes, basil and onion. In a separate bowl, whisk together the remaining ingredients; add to bread mixture and toss to coat. Cover and refrigerate at least 30 minutes to allow flavors to blend.

Per serving: 190 calories, 10 g fat, 3 g protein, 21 g carbohydrate, 2 g fat, 390 mg sodium

This recipe is a Foot Steps to Health Recipe and is 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>