

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Tomato



Produce of the Week are on the EHHH website!

www.ehhd.org

Look for

Produce Of the Week

What vegetable was thought to be poisonous until the 1800's?

TOMATO!

- ⇒ Select tomatoes with firm, shiny skin
- ⇒ Avoid tomatoes with soft spots or large blemishes on the skin
- ⇒ Store at room temperature away from direct sunlight; tomatoes taste best if not refrigerated
- ⇒ Store for up to 1 week
- ⇒ Place in the refrigerator to store only if cut or to extend storage time
- ⇒ Tomatoes are fun to grow at home in the summer months; try growing a cherry variety in a container on a sunny porch

Nutrition Facts:

- ◆ 1 medium tomato is one serving
- ◆ One serving contains about 25 calories
- ◆ an excellent source of vitamin C & a good source of vitamin A

Did you know?

- ◆ Some varieties of tomato plants produce yellow, orange, pink, purple, green and white fruit!
- ◆ More than 125 tons of tomatoes are produced in the world today with China being the largest producer, followed by the United States

From tomato.org

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits & veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5

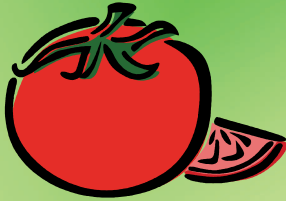


Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Baked Green Tomatoes

6 Servings

INGREDIENTS

- 1 cup cornmeal
- 1 tablespoon dried dill weed
- ground black pepper to taste
- 5 medium green tomatoes, thinly sliced

DIRECTIONS

1. Preheat oven to 325 degrees F. Lightly grease a medium baking sheet.
2. In a small bowl, mix the cornmeal, dill, and pepper. Dip tomato slices into the mixture, coating both sides. Arrange coated slices in a single layer on a medium baking sheet.
3. Bake 45 minutes in the preheated oven, until crisp and golden brown.

Simple ways to enjoy TOMATOES:

- ☞ Wash and eat one juicy bite at a time!
- ☞ Make fresh tabouli
- ☞ Slice and place on a sandwich or make a tomato sandwich with whole grain bread
- ☞ Dice and add to any pasta salad



Tomato-Avocado Salad

6 Servings

INGREDIENTS

- 4 large tomatoes, chopped
- 2 avocados - peeled, pitted and diced
- 1 red onion, thinly sliced
- 1/2 yellow bell pepper, diced
- 1/4 teaspoon ground black pepper, or to taste
- 1/4 cup balsamic vinaigrette salad dressing

DIRECTIONS

In a large serving bowl, toss together the tomatoes, avocados, bell pepper, and red onion. Dust lightly with black pepper, and pour salad dressing over. Cover and chill for *at least* one hour before serving to blend flavors.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!