

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 EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look on the left menu bar 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

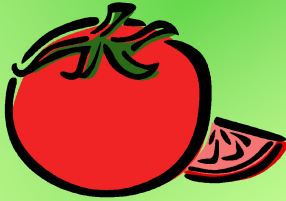


Day 6



Day 7





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# 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 (165 degrees C). 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](http://morematters.org) & [allrecipes.com](http://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!**