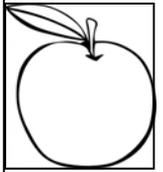


# TOMATO



In the garden:



<http://www.hayesgardenworld.co.uk/sites/default/files/imagecache/inline/images/inline/tomato-lizzano.jpg>



[http://www.hummert.com/UserFiles/image/tomato\\_plant.jpg](http://www.hummert.com/UserFiles/image/tomato_plant.jpg)

Ready to eat:



<http://www.melaniecooks.com/caprese-salad-recipe-with-tomatoes-basil-and-mozarella/6890/>

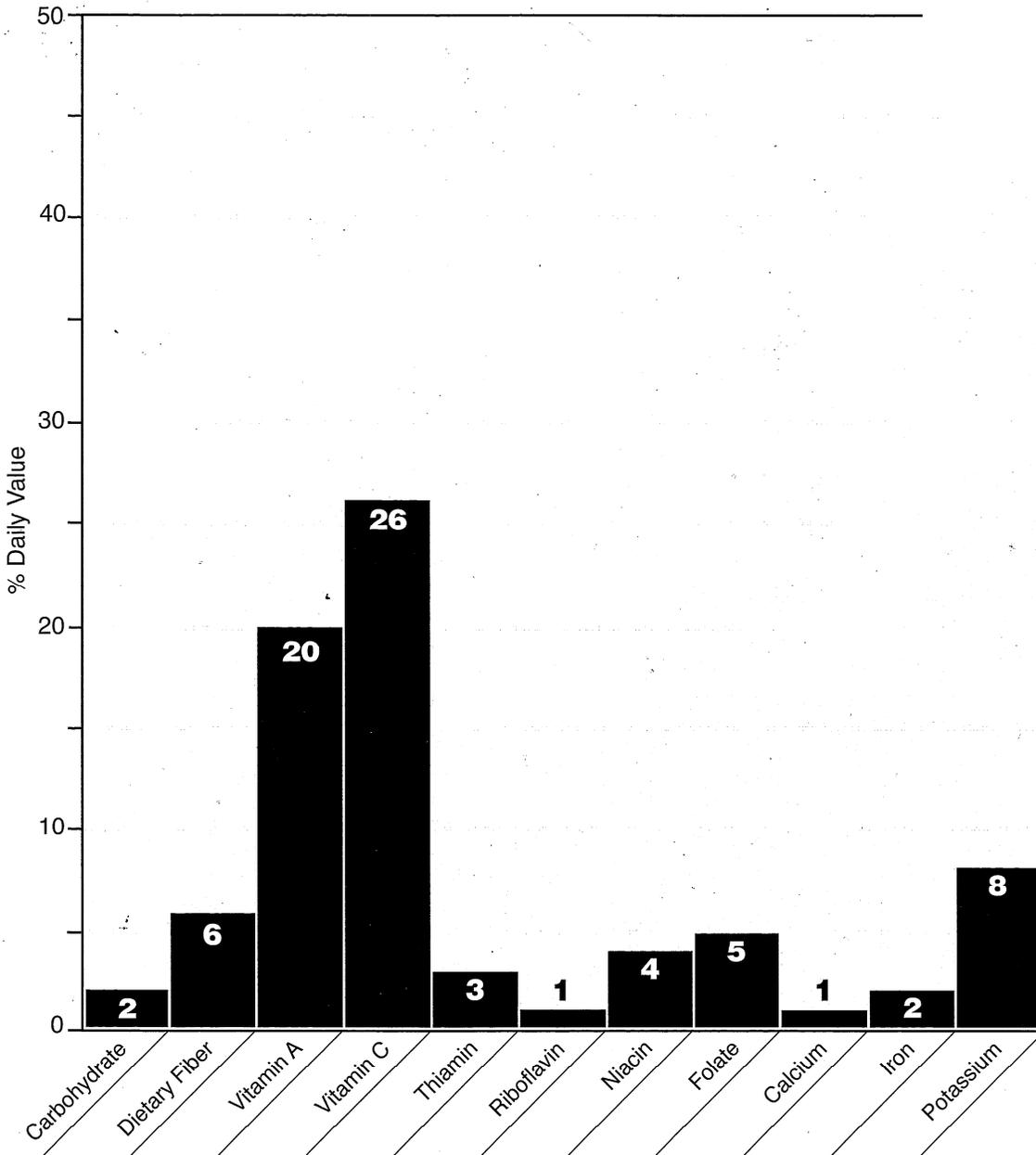


<http://images.wisegeek.com/tacos-on-a-white-plate.jpg>

## FUN FACTS:

- There are more than 7,500 different varieties of tomatoes grown around the world.
- Tomatoes are classified as a fruit.
- Tomatoes are rich in lycopene, which is an antioxidant that is good for the heart and can help prevent cancer.

# Tomato Nutrition Facts



## Serving Size

- 1 Medium Salad Tomato
- 122 Grams
- 22 Calories
  - 9% from fat
  - 12% from protein
  - 78% from carbohydrate
- 1 Gram Protein
- 5 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.2 Gram Fat
- 115 Grams Water
- 6 Milligrams Sodium

From California Department of Education, 2007

Tomatoes are full of Vitamin C to help  
heal your cuts and wounds

# Panzanella

## Ingredients:

2 small or 1 large cucumber, chopped  
4 slices day-old bread, cubed or torn into small pieces  
2 medium tomatoes, finely chopped  
1 jalapeño pepper, finely chopped  
Juice of 1 lime  
2 tbsp olive oil or vegetable oil  
Salt and pepper to taste



## Directions

1. If your bread is still soft, toast it to make it crisp.
2. Reserve 2 tablespoons of tomatoes to use in the dressing.
3. Throw the rest of the tomatoes and cucumbers in a large bowl. Sprinkle with salt and pepper. Toss.
4. Dressing: In a small saucepan on medium heat, sauté the jalapeño with a few drops of oil for a minute. Add the reserved tomato and a tablespoon of water. Cook for another 2 minutes. Season with salt and pepper. Remove from heat and finely chop the mixture on a cutting board. Add it back in the pan (no heat this time) along with lime juice and oil.
5. Mix the bread and vegetables with the dressing. Let it sit for a few minutes to allow bread to soak up the juice. Serve!

Adapted from: [www.wafarmersmarkets.com](http://www.wafarmersmarkets.com) and the *Good Cheap Cookbook* by Leanne Brown

## Helpful Storage Tips:

- Do not store tomatoes in the refrigerator unless they have already been cut up.
- The best temperature for tomato storage is 55-60° Fahrenheit.
- To ripen tomatoes, store them in a paper bag on the counter.
- If you cannot use your tomatoes right away, cut them up and place them in Ziploc bags in the freezer. Then take out what you need.

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PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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