

Tomatoes



Add **flavor** to your dishes!



¡Agregue **sabor** a sus comidas!

Add tomatoes to every hot or cold dish!



- Choose from a variety of flavor filled - farm fresh shapes and colors.
- The flavor is in the juice. Add to salads, salsas, sauces and stir fries.
- Low in calories - high in Vitamin C - a heart healthy choice for all ages.
- Slice and serve with a little pepper, oil, and vinegar. Top with your favorite cheese. Add herbs and spices.



Cook with Tomatoes!

Easy Homemade Pizza

Italian Bread

Low fat mozzarella cheese

Sliced tomatoes

Basil and oregano

Olive oil

Black pepper

Slice Italian bread in half. Place on a baking sheet. Top with low fat cheese.

Top cheese with basil, oregano and sliced tomatoes.

Drizzle olive oil on top of tomatoes.

Add a little black pepper.

Bake till cheese begin to melt and bread lightly browns.

Great topped with fresh cooked greens!



Zucchini Chopped Tomatoes

Vegetables

2 small onions chopped

4 small zucchini chopped

2 tomatoes chopped

Flavorings

1 tablespoon olive oil

1 tablespoon fresh herbs, minced (parsley, cilantro, basil)

½ teaspoon black pepper

1. Heat oil in a large skillet. Add onions. Sauté until softened.
2. Add zucchini. Sauté 2 minutes.
3. Add tomatoes and herbs. Cook 3-5 minutes.
4. Season with pepper and serve hot or cold.

