



# Tomato

Tomatoes are member of the fruit family, but they are served and prepared as vegetables.

**Store:** Tomatoes will ripen when placed in a warm area. Tomatoes freeze well. To freeze whole, core tomatoes, place on a cookie sheet and freeze. When solid, place in freezer bag and place back in freezer. Salsa, sauces, and purees also freeze well.

**Serve:** Tomatoes are versatile. Sauté, bake, broil, or grill them - and most of all, eat them raw!

**Prepare:** Wash tomatoes under cold water. If you wish to remove skins, dunk whole tomatoes in boiling water for 15 – 30 minutes seconds, remove with slotted spoon.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



# Tomato

Tomatoes are member of the fruit family, but they are served and prepared as vegetables.

**Store:** Tomatoes will ripen when placed in a warm area. Tomatoes freeze well. To freeze whole, core tomatoes, place on a cookie sheet and freeze. When solid, place in freezer bag and place back in freezer. Salsa, sauces, and purees also freeze well.

**Serve:** Tomatoes are versatile. Sauté, bake, broil, or grill them - and most of all, eat them raw!

**Prepare:** Wash tomatoes under cold water. If you wish to remove skins, dunk whole tomatoes in boiling water for 15 – 30 minutes seconds, remove with slotted spoon.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.





# Tomato Recipe

## Baked Parmesan Tomatoes

### Ingredients:

4 tomatoes, halved horizontally  
¼ cup freshly grated Parmesan cheese  
1 teaspoon chopped fresh oregano  
¼ teaspoon salt  
Freshly ground pepper, to taste  
4 teaspoons extra-virgin olive oil

### Directions:

Preheat oven to 450°F.  
Place tomatoes cut-side up on a baking sheet.  
Top with Parmesan, oregano, salt and pepper.  
Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

Preparation Time: 5 minutes

Level: Easy

Cook Time: 20 minutes

Serves: 4

Try sandwiching them between slices of your favorite whole-wheat country bread.

# enjoy!

Source:

[http://www.lifescript.com/Body/Food/Recipes/EatingWell/B/Baked\\_Parmesan\\_Tomatoes](http://www.lifescript.com/Body/Food/Recipes/EatingWell/B/Baked_Parmesan_Tomatoes)



# Tomato Recipe

## Baked Parmesan Tomatoes

### Ingredients:

4 tomatoes, halved horizontally  
¼ cup freshly grated Parmesan cheese  
1 teaspoon chopped fresh oregano  
¼ teaspoon salt  
Freshly ground pepper, to taste  
4 teaspoons extra-virgin olive oil

### Directions:

Preheat oven to 450°F.  
Place tomatoes cut-side up on a baking sheet.  
Top with Parmesan, oregano, salt and pepper.  
Drizzle with oil. Bake until the tomatoes are tender, about 15 minutes.

Preparation Time: 5 minutes

Level: Easy

Cook Time: 20 minutes

Serves: 4

Try sandwiching them between slices of your favorite whole-wheat country bread.

# enjoy!

Source:

[http://www.lifescript.com/Body/Food/Recipes/EatingWell/B/Baked\\_Parmesan\\_Tomatoes](http://www.lifescript.com/Body/Food/Recipes/EatingWell/B/Baked_Parmesan_Tomatoes)

