

TASTE A TOMATO



Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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Recipe of the month

Tomato Bruchetta Salad

Serves 4

Ingredients:

- 2 large tomatoes cut into thick slices (about 1 inch)
- 1/3 cup shredded cheese (try parmesan, Swiss, or cheddar)
- 1 teaspoon oregano
- 1/4 teaspoon each salt and black pepper
- 1/4 teaspoon garlic powder or 1 clove garlic, minced

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Place tomato slices in a single layer in a shallow baking dish.
4. In a small bowl, combine cheese, oregano, salt, pepper and garlic powder. Sprinkle mixture over tomatoes.
5. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
6. Refrigerate leftovers within 2 hours.

Per serving: 45 calories, 2 g fat, 3 g protein, 5 g carbohydrate, 1 g fiber, 270 mg sodium

Source: laxf2s.org



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