Tomatoes

Key Points

- A good source of vitamin A and rich in vitamin C, tomatoes are also high in lycopene. Contain carotenoids that may be good for health.
- Choose tomatoes with bright, shiny skins and firm flesh.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Store at room temperature away from direct sunlight and use within one week after ripe. Tomatoes taste best if they are not refrigerated; refrigerate only if you cannot use them before they spoil.

**Marinated Tomatoes**

Number of servings: 6

**Ingredients:**
- 5 large tomatoes, chopped
- 1 tablespoon canola oil
- 1 ½ tablespoons lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon Italian seasoning

**Per serving:** 43 calories; 3 g fat (trace saturated fat); 1 g protein; 5 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 187 mg sodium.

**Directions:**
- Place diced tomatoes in medium bowl.
- In a small bowl, add canola oil, lemon juice, garlic powder, salt, pepper, and Italian seasoning. Mix well and pour over tomatoes.
- Chill thoroughly, gently stirring once or twice.

**Balsamic Tomatoes and Onion Salad**

Number of servings: 6

**Ingredients:**
- 5 tomatoes, red-ripe, chopped
- 1 red onion, chopped
- 2 tablespoons canola oil
- ¼ cup balsamic vinegar
- Small loaf of whole-wheat bread (optional)

**Per serving:** 188 calories; 7 g fat (1 g saturated fat); 6 g protein; 29 g carbohydrate; 5 g dietary fiber; 0 mg cholesterol; 256 mg sodium.

**Directions:**
- In a bowl, mix tomatoes and onions.
- Add canola oil and balsamic vinegar to the tomatoes and stir to mix ingredients together.
- Let stand for 5 minutes before serving, or refrigerate, covered, for up to 3 days.
- Eat with whole-wheat bread, if desired. Dip the bread in the marinade when finished with the tomatoes.

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