



Tomatoes

The Health Benefits of Tomatoes

Tomatoes contain compounds that protect against cancer, reduce blood sugars and maintain healthy blood pressure. They are high in carotenoids that protect your eyes and skin from sun damage.

One large, raw tomato or 1/2 cup cooked provides:

- 27 Calories, 1.5 gm protein, 1.5 grams fiber, 0 fat, no cholesterol

Nutrients in Tomatoes

- High in vitamins A, C and the antioxidants lutein & zeaxanthin
- Great source of lycopene, shown to reduce risk of prostate cancer, heart attack and stroke; Most abundant in the peels/skins and cooked tomato products
- High in potassium and phosphorus, which help lower blood pressure and reduce risk of heart disease, joint pain and fatigue
- Tomatoes are among the top 10 foods containing high levels of pesticide residue: Wash tomatoes thoroughly before serving

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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Tomato Basics

Shop and Save

✿ Tomatoes are plentiful, more flavorful and cheapest between July and September.

✿ Look for tomatoes that are bright in color, and have no darkened areas or bruises under the skin. They should feel firm (not soft), but give slightly when you press on them.

✿ Canned tomatoes are usually an inexpensive option and come in many forms: whole, crushed, diced, stewed, or as juice, sauce or paste. Consider low-sodium options.

Tomatoes have antioxidants for a healthy immune system.



Store Well Waste Less

■ Keep ripe whole tomatoes at room temperature in a single layer in an open container; avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.

⇒ Refrigerate cut or cooked tomatoes in a sealed container and use within 2 days.

■ Ripen under-ripe or green tomatoes in a container or bag at room temperature. Check daily.



■ Store canned tomatoes in a cool, dry place and use within 8 to 12 months for best quality.

■ Freeze extra tomatoes:

1. Wash tomatoes, remove the stem, and leave whole, slice or chop.
2. Store in a tightly closed container or plastic bag. Label with the date.
3. Best when used in cooked dishes within 8 months.

Types of Tomatoes

Red Round Tomatoes are the most common; size can vary from 2 inches across to much larger.



Cherry, Grape and Pear Tomatoes are small (bite size) with a variety of shapes and colors.



Roma (Italian or Plum) tomatoes are oval in shape, usually red, and commonly used for canning and making tomato sauce and paste.



Heirloom Tomatoes include many varieties from the past and have different colors, shapes, flavors and sizes; they are most likely available at farm stands or Farmers' markets.



For a great
on-the-go snack,
try cherry, pear or
grape tomatoes

Cooking with Tomatoes

Baked Tomatoes with Cheese

Ingredients:

- 2 large **tomatoes**, cut into thick slices (about 1 inch)
- ½ cup shredded **cheese** (try parmesan, Swiss, or cheddar)
- 1 teaspoon dried **oregano**
- ¼ teaspoon each **salt** and **pepper**
- ¼ teaspoon **garlic powder**

Directions:

1. Preheat oven to 400 degrees. Place tomato slices in a single layer in a shallow baking dish.
2. In a small bowl, combine cheese, oregano, salt, pepper and garlic powder. Sprinkle mixture over tomatoes.
3. Bake 5 to 10 minutes, or until cheese turns golden brown and starts to bubble. Serve warm.
4. Refrigerate leftovers within 2 hours.

Quick Fixes for Tomatoes

- ✿ Add to sandwiches or pizza - cold or hot.
- ✿ Add to pasta dishes or salads.
- ✿ Make a fresh salsa.
- ✿ Grill or roast them.
- ✿ Slice for a side dish.

Go to
FoodHero.org
for easy, tasty
tomato recipes

Quick Tomato Pasta Sauce

Ingredients:

- 2 teaspoons **vegetable oil**
- 2 cloves **garlic**, minced or ½ teaspoon **garlic powder**
- 1 can (14.5 ounces) diced or crushed **tomatoes**
- 1 tablespoon **lemon juice** (optional)
- ¼ teaspoon each **salt** and **pepper**
- ¼ teaspoon **red pepper flakes** (optional)

Directions:

1. In a medium saucepan, heat vegetable oil over medium heat. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step).
2. Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Refrigerate leftovers within 2 hours.

1 pound of fresh tomatoes is about 2½ cups chopped or 3 cups sliced.