Tantalizing Tomatoes!

Tomatoes are technically a fruit, but are eaten like vegetables. One of the summer’s tastiest treats, tomatoes are rich in Vitamins A and C, trace minerals and fiber. Because of their nutritional benefits, tomatoes may help prevent heart disease and some forms of cancer.

No Cook Fresh Tomato Sauce
1-1/2 pounds plum tomatoes, chopped
1/3 cup diced part-skim mozzarella cheese (optional)
3 Tablespoons low-fat Italian dressing
1 clove garlic, minced
2 teaspoons Italian seasoning ground black pepper, to taste

Combine tomatoes, mozzarella cheese, Italian dressing and garlic. Add seasoning and pepper to taste. Let stand at least one hour to allow tomatoes to release their juices. Serve over hot pasta, refrigerate leftovers.

Yield: 10 servings; serving size 1/2 cup (15 calories, <1 gram fat; 0 mg cholesterol, 65 mg sodium)

Tomato, Corn and Black Bean Salad
1 (15 ounce) can black beans
1/4 cup onion, diced
3 tomatoes, diced (approximately 3 cups)
2 cups corn, cooked
1 teaspoon garlic, minced
2 Tablespoons lime juice
1-1/2 teaspoons ground cumin (optional)

Combine garlic, lime juice, cumin, Italian dressing, and pepper. Drain black beans. Mix all ingredients. Chill in refrigerator for at least one hour. Serve.

Yield: 14 servings; serving size 1/2 cup (50 calories, 1 gram fat, 0 mg cholesterol, 190 mg sodium)

Caprese Salad
3 large tomatoes, rinsed and sliced into three slices per tomato
9 slices low-fat mozzarella cheese
Fresh basil, ripped into small pieces.
3 tablespoons low-fat Italian dressing

Slice tomatoes and lay flat on a plate. Top each tomato slice with one slice of mozzarella cheese and sprinkle with basil. Drizzle Italian dressing over the slices. *Cut the pieces of tomato and mozzarella up smaller and add to cooked pasta for a full meal.

Yield: 9 servings; serving size 1 slice tomato with cheese (100 calories, 7 grams fat; 15 mg cholesterol, 270 mg sodium)

Easy Fresh Tomato Salsa
3 tomatoes, chopped (1 pound)
1/2 cup onion, sweet or regular, finely diced
1 Serrano chile, finely chopped (or any hot pepper)
2-3 Tablespoons lime juice
1 clove garlic, minced (3/4 teaspoon)

Mix all ingredients together in a bowl. Chill for an hour, serve with chips or as a topping to pasta.

Yield: 6 servings; serving size 1/2 cup (30 calories, 0 grams fat; 0 mg cholesterol, 5 mg sodium)

Gazpacho (easy cold tomato soup)
2 pounds (6 medium) tomatoes, halved
1/2 pound crusty bread, cut into 1/2-inch pieces - approximately 5 cups (this is a great way of using day-old bread!)
1 red bell pepper, seeded and diced
1 cup chopped, peeled cucumber
1/3 cup chopped red onion
4 Tablespoons low-fat Italian dressing
1 garlic clove, minced (3/4 teaspoon)
1/2 teaspoon ground cumin (optional)
1/2 cup water, set aside.

Over a bowl, gently squeeze tomato halves to release seeds and juices. Discard seeds. Transfer tomatoes along with juices to a blender and add all other ingredients EXCEPT the water and puree until coarse. If you want the soup to be less thick, add small amounts of water at a time and continue to puree until you like the consistency. Refrigerate for 2 hours before serving.

Yield: 16 servings, serving size 1/2 cup; 60 calories (1 gram fat, 0 mg cholesterol, 120 mg sodium)

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**Kids Corner**

**Eggplant Tomato “Towers”**

*Kid-Friendly recipe. Have them help assemble this!*

3 large ripe tomatoes (cut each tomato into 3 slices)
1 Tablespoon dried oregano, rosemary, basil or thyme
6 Tablespoons low-fat Italian dressing
1 large eggplant, cut into 9 slices
9 low-fat cheese slices (your choice)

1) Place tomatoes cut side up on a cookie sheet. Drizzle half of the Italian dressing over the tomatoes.

2) Bake tomatoes at 350°F for 30 minutes until tomatoes are shrunken but still bright red.

3) While they are baking, place the eggplant slices in a bowl and drizzle with remaining Italian dressing.

4) When the tomatoes are nearly done, heat a griddle or frying pan and grill the eggplant slices until brown, then flip to brown the other side.

5) To serve (this is where kid's can help!) make layers right when the tomatoes come out of the oven so the cheese melts. Start with 1 tomato slice, top with a slice of cheese and then a slice of eggplant. This is one of 9 towers! Serve warm.

Yield: 9 servings; serving size 1 “tower” (70 calories, 2 grams fat; 0 mg cholesterol, 280 mg sodium)

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**Tomato Tips**

Choose tomatoes with smooth skin and deep red color. Good tomatoes should be heavy for their size and yield slightly to pressure. To store, leave fresh tomatoes on the counter for 2-3 days. After that, they can be stored in the refrigerator for up to one week. If they are stored in the refrigerator too soon, they will lose their flavor.

“Kid-friendly” ways to use tomatoes:
- Add slices of tomato to grilled cheese for a nutritious bonus.
- Cut the top of a tomato off and stuff with couscous, tuna fish, chicken salad, etc. Put the top back on and serve.
- Pizza night: Using a pre-made or make your own pizza crust! Add olive oil, tomato slices, basil, mozzarella cheese for a “margarita pizza” or use the tomato sauce recipe from the front for a classic pizza.
- Add chopped tomatoes to scrambled eggs, omelets, tuna fish, salads, or sandwiches. Be creative!

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**CHECK OUT YOUR LOCAL FARMERS’ MARKET!**

**Why go to the Farmers’ Market?**
- You will get superior freshness and support local, family farms.
- You will increase your family’s health by eating more fruits and vegetables and you will help protect the environment.

**Dolgeville Farmers’ Market**
Municipal Lot, between Kinney Drugs and M&T Bank
Friday 8 am-12 noon

**Frankfort Farmers’ Market**
Frankfort Marina, Saturday 9 am-1 pm

**Herkimer Farmers’ Market **
*NOW ACCEPTS EBT CARD*
Across from Herb Philipson’s, Thursday 2-6 pm

**Early Bird Farmers’ Market**
Aubuchon Hardware Lot, 105 Caroline St. Herkimer
Thursday 9 am-1 pm

**Kuyahoora Valley Farmers’ Market**
Between Post Office & Poland School, Wednesday 2:30-6:30 pm

**Little Falls Farmers’ Market**
M&T Bank Lot, Albany Street, Saturday 8 am - 12 noon

**Mohawk Farmers’ Market**
Weller Park, West Main St. Wednesday 3 - 6 pm

**Richfield Springs Farmers’ Market**
Spring Park-Main Street, Thursday 2 - 6 pm and Saturday 8 am - 1 pm

**Old Forge Farmers’ Market**
Behind Old Forge Hardware Store, Park Ave, Friday 2-6 pm

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**Herkimer—Madison WIC Program**

Does your household include any pregnant women, new mothers or children under age 5? Would you like to be on a program that will provide free and healthy foods to you and your family? Call (315) 866-5029 to see if you are eligible!

Need help paying your grocery bill? **Food Stamps** can help! Call (315) 894-9917. Nutrition Outreach & Education Program - Catholic Charities of Herkimer County