



TASTE OF THE SEASON...

T O M A T O E S

Tomato Recipe: Stuffed Tomatoes

1 large tomato
 1 can tuna, drained and flaked
 4 teaspoons mayonnaise
 1 Tablespoon chopped celery

Make tuna salad by mixing tuna, mayonnaise and chopped celery in a bowl. Cut tomato in half on top lengthwise by the stem. Scoop out pulp, leaving a ½ inch shell. Spoon tuna mixture into tomato shells. Place on a baking sheet and broil 3-4 minutes or until heated through.

** Can try chicken salad instead of tuna, if desired.

Nutrition Facts
 Serving Size 1 cup cherry tomatoes 149g (149 g)

Amount Per Serving	
Calories 27	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 25%	Vitamin C 32%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Tomatoes are one of the most popular vegetables eaten by Americans. Each American consumes about 80 pounds of tomatoes a year!!



Storage Tips:

- ✓ Store at room temperature.
- ✓ Try to store tomatoes out of direct sunlight.

Purchasing Tomatoes

- Buy bright red color, no bruises, or spots
- You can also buy them light red color and let them ripen after buying.

Make Tomatoes Part of Your 5 A Day

- They add wonderful color, flavor, and texture to your favorite sandwich, salad, or omelet.
- They can be enjoyed stuffed, baked, stewed, or grilled.
- Raw tomatoes can make a tasty Mexican salsa.
- Try a broiled sliced tomato topped with basil leaves.
- Combine tomatoes with other vegetables to make a tasty side dish or snack.
- Tomatoes make an excellent base for homemade soups or sauces especially to compliment pasta dishes.

