

VIVA TOMATOES: Nothing compares to a vine-ripened, fresh tomato – but canned tomatoes have their place, too.

Caprese Salad (Fancy But Simple Version)

Ingredients:

- 3-4 fresh tomatoes, sliced
- 5 oz. fresh mozzarella cheese, sliced thinly
- 2-3 Tablespoons extra virgin olive oil
- 1-2 Tablespoons balsamic vinegar
- 8 basil leaves, sliced into thin ribbons
- ¼-½ teaspoon salt
- freshly ground black pepper, to taste
- baguette-shaped bread, sliced thinly



Directions:

- On large plate or platter, alternate slices of tomatoes and cheese in a circular pattern.
- Drizzle with oil and vinegar.
- Immediately before serving, sprinkle with basil, salt and pepper.

To Serve: Top each slice of bread with tomato and cheese.

NOTE: To make this appetizer for a crowd (or to make it more portable), chop ingredients into a bowl and scoop mixture onto bread to serve.

MAKE MANY MEALS FROM TWO TOMATO COMBINATIONS

1) Italian-Seasoned Tomato Mixture:

Ingredients:

- 3-4 fresh tomatoes, chopped
- 8 leaves fresh basil, sliced into thin ribbons (cut at last minute so it stays green)
- 2-3 Tablespoons extra-virgin olive oil
- 1-2 Tablespoons balsamic vinegar
- ¼- ½ teaspoon salt
- freshly ground black pepper, to taste

NOTE: If tomatoes are not in season, use canned diced tomatoes.
If fresh basil is not available, use dried basil or Italian seasoning mix.

Directions:

- Stir all ingredients together in bowl.

Italian Pasta

Turn Italian-Seasoned Tomato Mixture into a main meal:

Ingredients:

- 3-4 C Italian-Seasoned Tomato Mixture
- 1 lb. cooked pasta, any shape
- 1 can white beans, drained and rinsed
- Parmesan cheese, grated (about 1 C)

Directions:

Mix Italian-Seasoned Tomato Mixture, pasta, and beans together in a large bowl. Pour into serving bowls and top with a sprinkle of cheese.

Optional add-ins:

- Drained tuna or cooked, chopped chicken
- Leftover cooked vegetables, such as zucchini or corn
- Olives

Note: This recipe makes great leftovers, even cold as a pasta salad.



Amazingly Simple Pizza

Turn Italian-Seasoned Tomato Mixture into a pizza:

Ingredients:

- Boboli crust (or other pizza crust)
- 1-2 C Italian-Seasoned Tomato Mixture
- 1 C grated Parmesan or Mozzarella cheese, grated

Directions:

Place crust on a baking sheet.
Sprinkle with tomatoes and cheese.
Bake as directed on package.



More meal ideas for Italian-Seasoned Tomato Mixture:

- Add to scrambled eggs or omelets
- Add to sandwiches
- Add to chopped lettuce or spinach to make a salad

2) Southwest-Seasoned Tomato Mixture

Ingredients:

3-4 tomatoes (fresh, chopped) OR
2 cans tomatoes, diced (can use a variety of seasoned
canned tomatoes such as Mexican-seasoned, with added
peppers, with roasted-garlic, etc.)
2 C corn (fresh, thawed frozen, or drained canned)
1 can black beans, drained and rinsed

Additional southwest-type seasonings if desired, such as
cumin, oregano, chili powder, garlic
(start with about 1/4 teaspoon and adjust as needed)



Directions:

Stir all ingredients together in bowl.

Southwest Tomato Salsa

Turn Southwest-Seasoned Tomato Mixture into a vegetable-filled snack:
Serve as a dip with tortilla chips or quesadillas

Southwest Burritos or Quesadillas

Turn Southwest-Seasoned Tomato Mixture into a meal for one person:

Ingredients:

1 flour tortilla (whole wheat tortillas are a good source
of fiber)
1 C Southwest-Seasoned Tomato Mixture
½ C grated cheese

Optional additions:

avocado or guacamole
olives
onions or green onions, chopped
green or red peppers, chopped



Directions:

Place tomato mixture and cheese on top of tortilla.
Roll for a burrito or fold in half for a quesadilla.
Fry until lightly browned in a small skillet in 1 T canola oil, or microwave on a plate.

Tortilla Casserole

Turn Southwest-Seasoned Tomato Mixture into a casserole for a group:

Ingredients:

- 4-5 C Southwest-Seasoned Tomato Mixture, including juice
- 4-5 flour or corn tortillas, torn up (can substitute tortilla chips – about 2-3 large handfuls)
- Grated cheese, about 1 - 1 ½ C

Directions:

In medium baking dish or casserole dish: place 1 C tomato mixture in bottom.

Top with layer of tortillas, then layer of cheese.

Repeat layers 2 or 3 times, ending with cheese.

Bake in oven at 350 degrees for 20-30 minutes, or until cheese melts and mixture is bubbling.



Quick and Spicy Tomato Soup

Turn Southwest-Seasoned Tomato Mixture into a soup:

Ingredients:

- 2-3 C Southwest-Seasoned Tomato Mixture, including juice
- 1 C cooked rice or pasta
- Tomato juice as needed to thin soup

Directions:

Heat all ingredients together in saucepan.

Serve with grilled cheese sandwiches.



Southwestern Baked Potatoes

Turn Southwest-Seasoned Tomato Mixture into a REALLY quick meal:

Top a baked potato with a big scoop of the mixture. Add a little cheese and/or sour cream. Enjoy!

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