



Tomato Goodness



Now write down some good ideas about how to prepare the most delicious tomatoes.

Beefsteak Tomatoes	Roma Tomatoes	Cherry Tomatoes	Diced or Whole Canned Tomatoes	Tomato Paste or Sauce

What are some tips for cutting tomatoes?

What new cooking methods do I want to try?

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

USU Dietetics Students
Meagan Latimer MS, RD; Tamara Vitale MS, RD

Delicious Tomato Recipes



Spaghetti Sauce

Food \$ense curriculum recipe

- 2 cans diced tomatoes
- 1 can tomato sauce
- 1 can tomato paste OR 1 cup fresh paste
- 1 Tbsp. oregano
- Salt and pepper to taste
- 1 tsp Italian seasoning
- ¼ tsp. chopped garlic OR garlic salt
- 1 tsp. sugar

1. In a large pan, combine diced tomatoes, tomato sauce, and tomato paste. Add herbs and spices to taste. Leave on heat until hot enough to serve and until desired consistency.
2. If desired, add ground beef. Simply brown meat, drain off fat, and add to sauce.

Serving suggestions: Pasta, pizza, and breadstick dip.

Tomato, Mozzarella, Basil Appetizers

Food \$ense curriculum recipe

- 4 large tomatoes
- 2 cups (8 oz.) mozzarella cheese
- 8-10 fresh basil leaves, whole or sliced into thin ribbons
- 4 Tablespoons extra virgin olive oil
- Salt
- Pepper, preferably fresh-ground
- 1 loaf of small, hard-crust bread (baguette)

1. Slice tomatoes and mozzarella in slices.
2. Place a slice of cheese and tomato slice on bread and place basil leaf on top
3. Drizzle with olive oil
4. Salt and pepper to taste

h
s
e