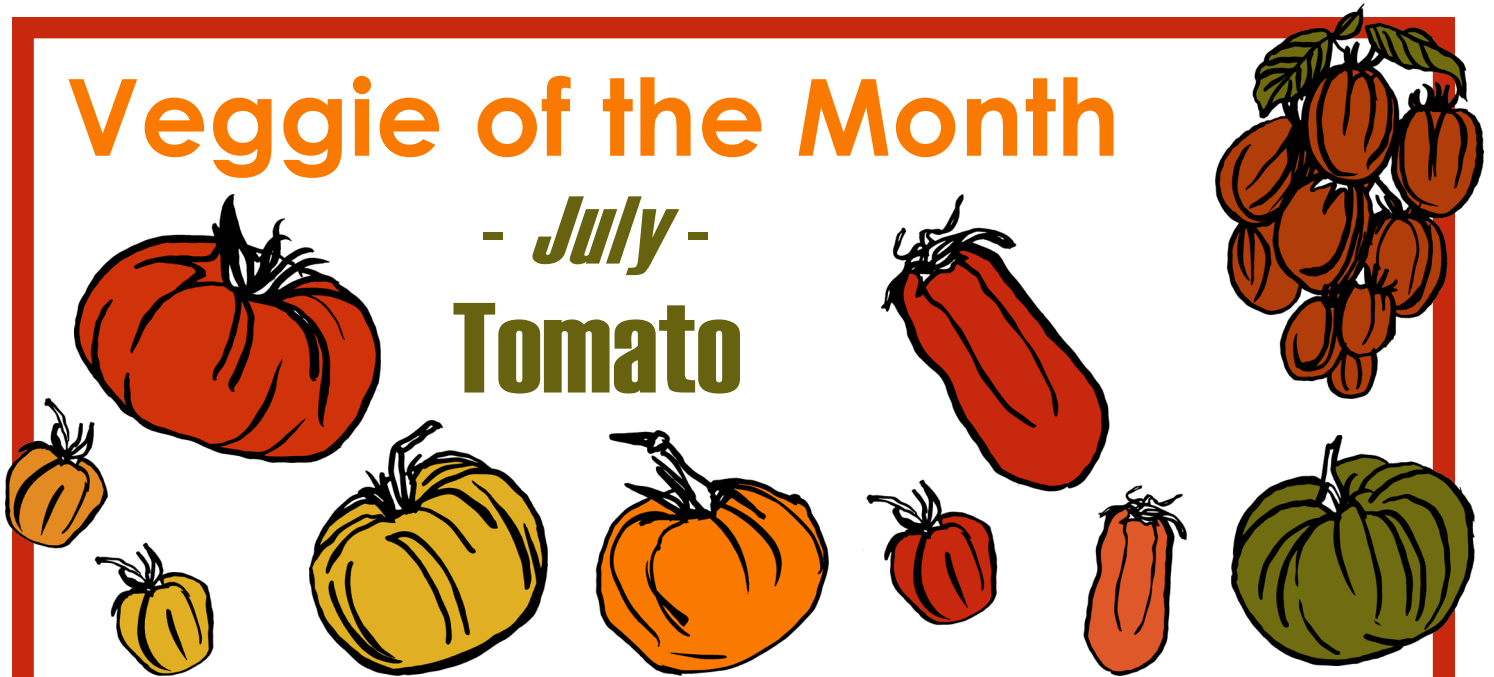


Veggie of the Month

- July -

Tomato



About

What would our favorite foods be without the tomato? **Pizza, salsa, ketchup, spaghetti and sauce, BLTs, salads**--all are reliant on the bright red veggie. Tomatoes are botanically fruits, but are culinarily considered a vegetable, so both terms are acceptable for the plant. Originally used by the **Aztec people**, tomatoes were spread by Spanish conquistadores and found their way into Caribbean, Italian, and British cuisine. Today they're grown and consumed all around the world and are prized for their sweet, juicy flavor, versatility in cooking and nutritional benefits. Tomatoes are probably already part of your diet, but there are always new ways to prepare them!

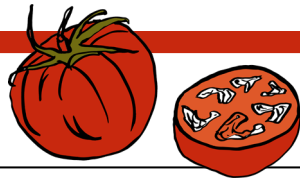
Did You Know?

Although most tomato varieties are red, many other colors are possible, including green, yellow, orange, pink, black, brown, white, and even purple and gold.

The Italian word for tomato, *pomodoro*, means "apple of gold."



Shopper's Tips



There are many varieties of tomatoes to choose from, so select based on how you want to use them! Beefsteak and globe are good for sandwiches, plum are great for making sauce and paste, cherry are perfect in salads, and Campari are sweet are great for roasting or cooking in dishes.

Choose tomatoes that are **heavy for their weight, shiny and plump**, with no bruises or gashes.

Nutrition Highlights

- A tomato is 95% water, contains 4% carbohydrates and less than 1% each of fat and protein.
- Tomatoes are rich in **lycopene**, an antioxidant that is good for the heart and effective against certain cancers.
- Cooked tomatoes are actually better for you than raw ones, as more beneficial chemicals are released.

Try This!

- Try poaching eggs in a shallow saucepan of tomato sauce with red pepper and garlic to serve alone or over pasta.
- Fold sliced tomatoes, shallots, goat cheese and herbs into a Parmesan-pepper pastry tart to make a wonderful brunch galette.
- Sliced or diced tomatoes make a great base for a fresh salad. Add edamame, fresh corn and mint for a summery treat, or mix with mozzarella cheese, basil and balsamic vinaigrette.
- Put a tropical twist on salsa by adding diced watermelon and mango to the traditional tomato, pepper, cilantro and onion.



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