

Tomatoes

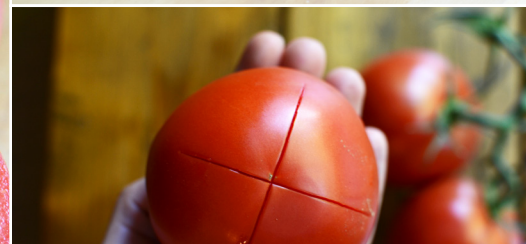
Storage: Store tomatoes on counter for up to a week. If cooked, store tomatoes in a closed container in the fridge for up to a week.

Nutrition: Excellent source of vitamins A and C.

Tomatoes bruised or discolored; cut off bruised area or peel skin.



To remove core, first quarter tomato. Then, angle your knife to cut out core.



Peel by cutting an X on the bottom of the tomato. Add to boiling water.



Remove tomatoes from water after 1 minute. Add to ice water. Peel.

More tomato recipes are available at pittsburghfoodbank.org/RecipeRainbow



Simple Tomato Sauce

- 1/2 Tbl oil
- 1 small **onion**, diced
- 4 medium **tomatoes**, peeled and diced
- 1 tsp **garlic powder**
- 1/2 tsp **salt**
- 1 Tbl **dried herbs** (*parsley, basil, or oregano*)
- **Hot pepper flakes** to taste, optional

1. Add oil to a medium saucepan over medium heat.
2. Add onions into pan and cook for 5-10 minutes, stirring occasionally.
3. Add the rest of the ingredients to the pan and stir until combined.
4. Place sauce on medium heat and cook for 15-20 minutes, stirring occasionally so it does not splatter.
5. Add sauce to cooked pasta and enjoy!

Makes 4 servings

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat 15**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 8%

Sugars 4g

Protein 2g

Vitamin A 20% • Vitamin C 40%

Calcium 4% • Iron 10%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Microwave Instructions:

1. Add all ingredients into a microwave-safe bowl and cover tightly.
2. Cook for 7-10 minutes or until tomatoes are soft.

Freeze leftover tomato sauce for the taste of summer in the winter.

