

Tomato

When ripe, the skin and flesh of most tomatoes are red or reddish-orange. They are usually round or oval shaped. Tomatoes range in size from 1 to 6 inches. Small seeds on the inside can be eaten.

Tomatoes are vegetables which grow on plants.

The tomato originated in the Andes Mountains in South America.

Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl". Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

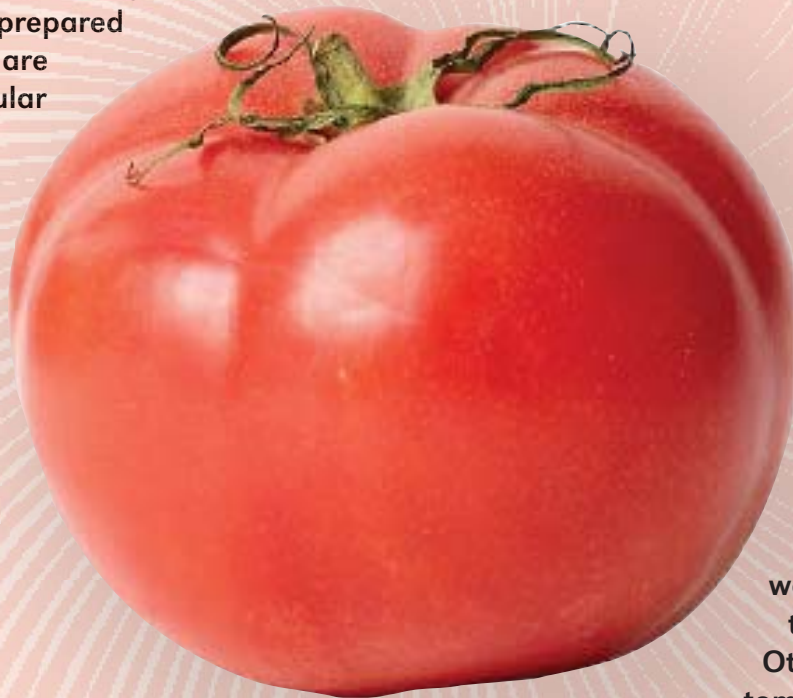
Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low Sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are thousands of tomato varieties. The most widely available varieties are classified into three groups: cherry, plum and slicing tomatoes.



USES

Tomatoes can be eaten raw or cooked (baked, stewed, grilled or stir-fried). They are wonderful to eat alone. Add to salads and sandwiches. Other popular ways to enjoy tomatoes are in soups, salsas and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza. Ketchup is made from tomatoes.



Black Beans with Corn and Tomatoes
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



- 1 (15 oz.) can black beans, drained and rinsed
- 1 c. tomatoes, fresh or canned, diced
- 1 c. corn
- 1 garlic clove, pureed
- 1 tsp. parsley, chopped
- ½ tsp. chili powder
- ⅛ tsp. cayenne pepper or more to taste

1. In a medium bowl, combine beans, tomatoes, corn, and garlic.
2. Add parsley, chili powder, and cayenne pepper. Mix well.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 220 mg (9% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 7 g (28% DV), Sugars 3 g, Protein 6 g, Vitamin A 10%, Vitamin C 20%, Calcium 4%, Iron 10%.

Grilled Tomatoes
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



- 4 tomatoes
- ½ c. fat-free Italian salad dressing
- 1 tsp. dried oregano
- 1 tsp. lemon pepper

1. Slice tomatoes in half, lengthwise. Cover grill grid with foil. Heat the grill.
2. Place tomatoes on foil. Top each half of tomato with 1 tablespoon Italian salad dressing.
3. Sprinkle tomatoes with oregano and lemon pepper.
4. Grill tomatoes with cut side down, for 4–5 minutes.

Nutrition Information per Serving: Calories 30, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 1 g, Vitamin A 25%, Vitamin C 30%, Calcium 2%, Iron 4%.