

# Cherry Tomatoes



Cherry tomatoes are a type of small, juicy tomato. They are a faster growing variety and can be found in many colors such as red, yellow, orange, and purple.

## Used in:

Salads, salsas, soups, stews, pasta dishes, and as a snack!

## What do they taste like?

Cherry tomatoes are juicy and sweet. When you bite into them they might make a slight "popping" sound.

## How do I store them?

Store in a bowl or carton on a counter or table. Keep them out of direct sunlight so they don't ripen too quickly. Refrigerating cherry tomatoes can give them a mushy texture and make them lose some of their flavor.

## How do I prepare them?

1. Rinse under running water and pat dry.
2. Cut them in half or leave whole according the recipe.

## How do I cook them?

**On the stovetop:** Do not throw away slightly soft tomatoes! To sauté, put them in a pan with a small amount of oil and your favorite herbs or spices. Cook until soft and add to pasta, soup, or casseroles.

**In the oven:** To roast, preheat oven to 425. Prep tomatoes and cut in half or quarters depending on the size. Arrange the tomato halves or quarters in a single layer, cut side up, on a baking sheet. Sprinkle the tomatoes with oil, salt, pepper & dried oregano. Bake for 30 minutes or until bottoms are turning brown. Enjoy immediately after roasting, or save to add to a salad, use as a side dish, sauce, in a soup.

**Seasoning ideas:** Savory: oregano, garlic, chives, pepper, or salt

## How do I save and freeze them?

**To Freeze:** Rinse under water and pat dry. Place on a tray and freeze until solid. Place in a freezer safe container or bag. Label and date. Use within 8-12 months. Frozen tomatoes are best in cooked foods such as soups, sauces, stews, and chili as tomatoes will not be solid when defrosted.



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*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Cherry Tomatoes from SNAP-Ed NY:



Squash with Tomatoes



Garbanzo Salad



Nectarine & Tomato Relish

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