

Tomatoes



There are over 25,000 different varieties of tomatoes, such as cherry, beefsteak, plum and roma to name a few. Heirloom and specialty varieties come in many colors, shapes, and sizes.

Used in:

Salads, salsas, soups, stews, pasta dishes, condiments, and garnishes

What do they taste like?

Tomatoes have a sweet but savory taste, and a juicy texture.

How do I store them?

Keep unwashed and uncut tomatoes at room temperature on the counter away from sunlight. Make sure they are not touching each other and are facing stem side up. Store cut tomatoes in a container inside the refrigerator for up to 2 days.

How do I prepare them?

1. Wash fully in cold water.
2. Turn tomato on its side. Slice the tomato & remove the stem.
3. If the recipe calls for diced tomatoes, lay the slices flat on a cutting board.
4. Cut into strips in one direction then in the other direction.



How do I cook them?

On the stovetop: To braise, start by placing a skillet on medium-high heat. Chop, seed, and peel tomatoes and add them to the warm skillet. Reduce heat and cook until tender.

In the oven: To roast, preheat oven to 425. Prep tomatoes and cut in half or quarters depending on how large tomato is. 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, sauce, or in a soup.

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

How do I save and freeze them?

Freeze a whole tomato by rinsing under water and pat dry. Place in a freezer bag and remove as much air as possible OR freeze whole tomatoes on baking sheet to keep them from freezing together, then transfer to a freezer container. To remove skin after freezing, simply run under warm water and the skin will peel off. To freeze with skin off, first after rinsing under water, dip tomatoes in boiling water for 30 sec. - 1 min. and skin should peel off easily. Then follow the same procedure above. You can also freeze tomatoes halved, quartered, sliced and diced. Frozen tomatoes should be used within 8-12 months and are best used in cooked foods such as soups, sauces, stews, and chili as they 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 Tomatoes from SNAP-Ed NY:



Fiesta Rice Salad



Vegetarian Ceviche



Zucchini Tomato Bake

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