



# tomato

## TASTY TIDBITS



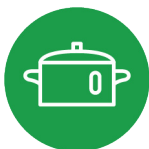
### Nutrition Nuggets

- Tomatoes are a low-calorie and low-sodium food.
- They support heart and eye health and a healthy immune system. They contain lycopene, which is associated with a reduced risk of cancer.



### How to Store

- Store at room temperature away from direct sunlight and use within 1 week once ripe.
- Refrigerate only if you can't use them before they spoil. Tomatoes taste best if not refrigerated.
- Store in the freezer for 12 months.



### How to Prepare

- Wash and dry.
- Remove the stem and cut into slices or wedges, or dice.



### How to Enjoy

- Add to salads or soups, or slice onto a sandwich or burger.
- Roast in the oven.
- Make tomatoes into a tasty sauce or salsa.

**#DYK**

- There are 25,000 varieties of tomatoes, such as beefsteak, cherry, and Roma.

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# tomato RECIPES

## Salsa

### INGREDIENTS

- 4 large Roma tomatoes
- 1/4 cup white onion, chopped
- 3 tablespoons cilantro, chopped
- 1 small clove garlic, minced
- 1 1/2 teaspoons lime juice
- 3/4 teaspoon salt

### DIRECTIONS

1. Combine all ingredients in a bowl and enjoy.
2. Cover tightly and refrigerate for up to 5 days.

## Tomato Soup

### INGREDIENTS

- 10 to 12 medium tomatoes or a 28-ounce can of tomatoes
- 1 1/2 cups water (or vegetable or chicken stock)
- 4 tablespoons unsalted butter
- 1/2 teaspoon salt
- 1/2 large onion, cut into large wedges

### DIRECTIONS

1. Melt butter over medium heat in a large saucepan.
2. Add onion wedges, water, tomatoes, and salt.
3. Bring to a simmer and cook uncovered for about 40 minutes.
4. Stir occasionally and add additional salt as needed.
5. Blend or stir together.

## Oven-Roasted Tomatoes

### INGREDIENTS

- 6 medium Roma tomatoes
- 2 teaspoons balsamic vinegar
- 1 tablespoon oil
- Salt and pepper to taste
- 1 medium clove garlic, minced

### DIRECTIONS

1. Preheat oven to 450° F.
2. Combine oil, vinegar, and garlic in a small bowl. Set aside while preparing tomatoes.
3. Cut tomatoes in half lengthwise. Line a baking sheet with foil. Place the tomatoes cut side up on the pan.
4. Drizzle the oil mixture evenly and season with salt and pepper to taste.
5. Roast until tender for 20 to 30 minutes.