

FUN FACTS

Tomatoes first originated from a wild species from the Andes Mountains in South America, but were introduced to North America from Europe. Though the tomatoes we are most familiar with today are red, historians suspect that the first European varieties were yellow. There are many varieties of tomatoes ranging in size and color—from small yellow pear-shaped cherry tomatoes to large heart-shaped heirloom varieties.

SOURCES: Encyclopedia Britannica, UMaine Cooperative Extension



Tomatoes are rich in vitamins A & C, potassium, and are a good source of fiber.

NUTRITION

RECIPE: CHERRY TOMATO AND CORN SALAD

YIELD: 48 - 1/2 cup SERVINGS

INGREDIENTS

20 medium ears corn, husked*
8 oz fresh basil, minced
6 pints cherry or grape tomatoes
3 cups shredded part-skim mozzarella cheese

1/4 cup olive oil
Juice of 1 lemon
1 tsp Kosher salt

PREPARATION

1. Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.
2. To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately.

*15 cups of frozen corn kernels may be used instead of fresh corn on the cob.

Adapted from Vermont's New School Cuisine Cookbook



MEAL PATTERN CONTRIBUTION

1/8 cup starchy vegetable
1/4 cup red/orange vegetable



RECIPE: FRESH SALSA

YIELD: 20 - 1/2 cup SERVINGS

INGREDIENTS

10 tomatoes, chopped
2 1/2 onions, chopped
5 jalapeno peppers, finely chopped, seeded if desired (optional)
1 1/4 cup cilantro, chopped
1 1/4 teaspoon salt
5 limes, juiced

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Adapted from USDA Mixing Bowl



MEAL PATTERN CONTRIBUTION

1/2 cup vegetable

