

## TOMATO

### Types

**Beefsteak:** Large, meaty interior that is good for slicing, sandwiches, and salads.

**Cherry:** Small; good for snacking.

Plum and Roma: Small and round to elongated; often less juicy, so good for sauces or drying.

**Salad:** Medium size; good for slicing and salads.

Popular Heirloom or Specialty Varieties: Brandywine, Cherokee Purple, German Queen, Green Zebra, San Marzano, Striped German, and many others. Heirloom and specialty tomatoes come in diverse colors, shapes, sizes, and flavors.

### Selection Info

Tomatoes should be firm with shiny skin. Avoid tomatoes with breaks in the skin or bruises.

### Preparation

Here are a few tips about preparing tomatoes and tomatillos.

Wash tomatoes under cool running water before use.

**Fresh:** Chop or cut tomatoes to use on salads or sandwiches or as a topping to your favorite dishes.

**Roast:** Heat oven to 350°F. Coat a baking sheet with cooking spray. Core tomatoes and cut in half. Add a pinch of salt to each half and place them cut side down on paper towels for 20 minutes. Place tomatoes on a baking sheet, drizzle with oil to taste, and bake for 1 hour and 15 minutes or until tomatoes have softened.

**Grill:** Heat a greased grill pan on medium-high heat. Cut tomatoes in half and lay face down on a paper towel and let sit for 30 minutes. Place halves face down in a pan and grill for 5 minutes. Turn and grill for 1 minute or until skin is charred. Remove tomatoes from heat and let cool.

**Braise:** Place a skillet on medium-high heat. Chop, seed, and peel tomatoes and add them to the warm skillet. Reduce heat and cook until tender.

### Storage

**Short-Term Storage:** For the best flavor, eat tomatoes soon after harvest. Store them at room temperature and out of direct sunlight. They are best used after 1 week of ripeness.

**Long-Term Storage:** Tomatoes have a variety of long-term storage options. They can be canned, dried, or frozen and are very versatile in American cooking.



Looking for a source of fresh local fruits and vegetables??? . . .  
Look here . . . [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# BREAKFAST BURRITOS

## Ingredients

- 4 eggs
- 1/4 cup 1% milk
- salt, pepper, and chili powder (to taste)
- 1 teaspoon vegetable oil
- 4 10-inch flour tortillas
- 1 cup fat-free refried beans
- 1/2 cup (4 ounces) grated cheddar cheese
- 1 tomato (chopped)

## Directions

1. Whisk eggs, milk, and seasonings in a bowl.
2. Heat oil in skillet over medium-high heat (350°F in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
5. In a separate pan, warm the refried beans over medium-low heat.
6. On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
7. Roll the burrito and cut in half to serve.
8. Refrigerate leftovers within 2 hours.



Learn more about **TOMATO** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=tomato>.



*Share your recipes!*

### Nutrition Information

Serving Size	1/2 burrito
<b>Nutrients</b>	<b>Amount</b>
Total Calories	210
Protein	10g
Carbohydrates	24g
Dietary Fiber	2g
Total Fat	8g
Saturated Fat	3g
Cholesterol	100mg
Sodium	530mg