

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.



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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

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

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Nutrition Information

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

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