

TOMATO

Types

Beefsteak: Large, meaty interior that is good for slicing, sandwiches, and salads. minutes. Place tomatoes on a baking 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.

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cut side down on paper towels for 20 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

Roast: Heat oven to 350°F. Coat a

of salt to each half and place them

baking sheet with cooking spray. Core

tomatoes and cut in half. Add a pinch

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 versitile in American cookina.

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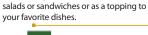
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BREAKFAST BURRITOS

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

- 1. Whisk eggs, milk, and seasonings in a bowl.
- Heat oil in skillet over mediumhigh heat (350°F in an electric skillet).
- 3. Stir in the eggs and cook until firm.
- 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.
- On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
- Roll the burrito and cut in half to serve.
- 8. Refrigerate leftovers within 2 hours.



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Share your recipes!

1/2 burrito

Amount

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10g

24g

2a

8g

3g

100mg

530mg

Nutrition Information

Serving Size

Total Calories

Carbohydrates

Dietary Fiber

Saturated Fat

Cholesterol

Sodium

Total Fat

Nutrients

Protein



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