

# FOOD FACTS



## Grape Tomatoes

### NUTRITION

- Tomatoes are high in vitamin C, potassium, folic acid, and fiber; all which keep our bodies healthy and help us grow.
- Tomatoes are a good source of lycopene, which is an antioxidant and helps prevent cancer and heart diseases.

### Did You Know? (DYK)

- Tomatoes are actually a fruit, however for taxing purposes, the U.S. Supreme Court judged they should be classified as a vegetable.
- There are many varieties of tomatoes; cherry, plum, and slicing. They are all different sizes and taste different.
- Cooked tomatoes contain even more lycopene than raw tomatoes because cooking breaks down cell walls, releasing and concentrating carotenoids like lycopene.
- Grape tomatoes are oblong like grapes and grow in clusters on vines. they have a lower water content and thicker skins than cherry tomatoes, which help them last longer.

### PREPARATION & STORAGE

- Versatile use! Try it raw in a salad, cooked in an omelet, or roasted as a side dish.
- If a tomato is not quite ripe yet, keep it in a warm place and it will speed the process, however, do not put in direct sunlight.

### OVEN ROASTED GRAPE TOMATOES

Ingredients:

2 10 oz packages grape tomatoes  
2 1/2 tsp extra virgin olive oil  
2 cloves garlic minced  
2 tsp brown sugar  
1 tsp balsamic vinegar  
1 tbsp fresh basil leaves chopped  
coarse salt to taste  
ground pepper to taste

Rinse the tomatoes under cool water, pat dry. While the oven is heating combine oil, garlic, sugar and balsamic vinegar in a bowl. Add the tomatoes and stir to coat.

Transfer the tomatoes to the casserole dish and bake for 10-12 minutes, stirring occasionally. Remove them from the oven when the skins break and the juices begin to caramelize.

Sprinkle with fresh chopped basil, coarse salt and freshly cracked pepper then serve immediately.

