

FOOD FACTS

Cherry 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. Cooked tomatoes contain even more lycopene than raw tomatoes because cooking breaks down cell walls, releasing and concentrating lycopene.

Did You Know? (DYK)

- Tomatoes are a fruit, however for taxing purposes, the U.S. Supreme Court judged they should be classified as a vegetable.
- Cherry tomatoes are small round range in size from a thumb tip up to the size of a golf ball, is believed to be an intermediate genetic admixture between wild currant-type tomatoes and domesticated garden tomatoes.
- Although usually red, other colors such as yellow, green, purple, and black also exist.
- Cherry tomatoes have been popular in the United States since at least 1919.[7] Recipes using cherry tomatoes can be found in articles dating back to 1967.

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.

CHERRY TOMATOES PASTA

Ingredients:

2 pints whole cherry tomatoes
3 tablespoons olive oil, divided
2 cloves garlic minced
1 tsp balsamic vinegar
1 handful fresh basil leaves chopped
½ cup grated parmesan cheese
Salt and pepper to taste
8 oz short pasta

Instructions:

Cooked pasta following instructions, set aside.
Combine in a large skillet oil, garlic, and tomatoes, cooked over medium high
2 minute, add balsamic vinegar in a bowl.
Add pasta and stir to coat and removed from heat.
Add parmesan cheese, salt and pepper, stir well.
Sprinkle with fresh chopped basil, then serve immediately.
This dish can also be served cold.

