



SIMPLY GOOD FOOD

TOMATOES

TOMATO TIDBITS

Better Slicing

To ensure that tomato slices stay firm and intact, slice them lengthwise, rather than crosswise. If you do this you won't be cutting through the ovary walls of the tomato, releasing pulp and juice.

Ripening Green Tomatoes

To speed up the ripening process of mature green tomatoes brought in from the garden before the first frost, store them with apples in a confined space, such as a plastic bag or a picnic chest. Tomatoes release ethylene gas as they ripen and so do apples, and the extra "charge" from the apples will speed the tomatoes along.

Cream of Tomato Soup

2-1/2 cups diced peeled tomatoes
1/4 cup diced onion
2 tablespoons all-purpose flour
1 teaspoon salt, optional
3 tablespoons sour cream

1/4 cup diced celery
1 tablespoon vegetable oil
1 cup evaporated milk
1/8 teaspoon pepper
3 teaspoons minced fresh parsley

In a saucepan, combine tomatoes, celery and onion; bring to a boil. Reduce heat; cover and simmer for 15 minutes, stirring often. Cool for 10 minutes; pour into a blender. Cover and process until smooth. In a large saucepan, heat oil; stir in flour until smooth. Gradually stir in tomato mixture. Add salt if desired and pepper; heat through. Top individual servings with sour cream and parsley. Yield: 3 servings (3-1/2 cups).

Diabetic Exchanges: One serving (prepared with evaporated skim milk and nonfat sour cream and without salt) equals 1-1/2 vegetable, 1 starch, 1 fat; also, 164 calories, 121 mg sodium, 3 mg cholesterol, 22 gr carbohydrates, 9 gm protein, 5 gm fat.



Tomato Roses

Garnishes are a great way to make a meal look as appetizing as possible. With a little practice the following garnish is easy to make and can give any dish a little extra pizzaz. To prepare tomato roses, select firm small tomatoes. Using a very sharp knife and starting at the bottom end of the tomato, cut a thin (but do not sever) slice for the base. Beginning from the base, cut a continuous narrow strip in spiral fashion, tapering to the opposite end to remove. Curl the strip onto its base in a rose shape. Use parsley springs or green onion stems for leaves.

Tomatoes Rockefeller

3 large ripe tomatoes, cut in half
2 tablespoons finely chopped parsley
3/4 cup chopped cooked spinach (drained)
paprika

2 tablespoons finely chopped onion
1 tablespoon margarine
freshly ground black pepper
2 tablespoons Italian seasoned bread crumbs
(may use plain bread crumbs)

Place tomatoes cut side up in an oiled baking dish. Combine onion, parsley, margarine, spinach, pepper and paprika, and spread evenly over tomatoes. Top with crumbs and bake at 375 degrees F. for 15 minutes.

Tomato Trivia

- * Tomatoes are a good source of vitamin A and are high in Vitamin C.
- * Botanically, tomatoes are a fruit. This is because, generally, a fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant.
- * Throughout history the tomato has been referred to as "The Apple of Love" and "The Apple of Paradise".

Supporting State Extension Goal: Health, Safety and Well Being

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