



Tomatoes

Vegetable - Berry

Food Facts

Serving Size: ≈ 1 Cup Diced

- **FRUIT!?**- While it's widely used in cooking as a vegetable; Botanically, it's a fruit!
- **STORAGE**- Store at room temperature, stem-side down on the countertop.
- **VARIETIES** - There are over 10,000 varieties of tomatoes! Check out how to use Roma tomatoes, Cherry tomatoes, and Beefsteak tomatoes.



How to Use

- **Get Saucy** - Turn fresh tomatoes into sauce and pair it with your favorite pasta!
- **Eat it Whole** - Certain varieties are great to slice for salads or sandwiches!
- **Spruce Up a Dish** - Canned tomatoes are versatile and can be used in soups, stews, and sauces (look up how to use different varieties)

Pico de Gallo

Serves: 6



Ingredients

- 1 lb** Tomatoes chopped
- 1 1/2 cups** Onion chopped
- 1/3 cup** Fresh Cilantro chopped
- 3 Jalapeño Peppers** seeds removed and chopped
- 2 tbsp** Lime juice
- 2 cloves** Garlic finely chopped
- 1/4 tsp** Salt

Instructions

1. Combine all ingredients in a medium bowl.
2. Serve.

Nutrition Facts

Serving Size 0.50 cup
Serving Per Container 6

Amount Per Serving

Calories 34

% Daily Value*

Sodium 105 mg 5%

Total Carbohydrate 8 g 3%

Dietary Fiber 2 g 7%

Protein 1 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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