

# TOMATO

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GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Tomatoes are technically a fruit, but count as a serving of vegetables in your diet. They come in different sizes and colors. Each variety may have different flavors, but all have similar nutritional benefits.
- Select tomatoes that are rich in color, smooth skinned, and well-shaped.
- 1 cup of chopped tomatoes contains:
  - 41% of your recommended daily value of vitamin C to support a healthy immune system.
  - 12% of your recommended daily value of potassium to help with muscle contraction and keep the heart and kidneys functioning properly.



## PREPARE

Always wash tomatoes with running water before preparing or eating.

Try fresh tomatoes:

- *Diced* into cubes as an addition to your favorite savory dish.
- *Sliced* to add flavor to salads and sandwiches.
- *Cherry tomatoes* can simply be enjoyed as a snack.
- *Cooked* into a delicious tomato sauce.

## STORE

- Store uncooked, uncut tomatoes at room temperature for up to a week.
- If tomatoes become overripe before you are ready to eat them, you can place them in the fridge for up to two more days.
- Chopped tomatoes and cooked tomatoes (such as in sauce) can be refrigerated or frozen for future use.