

TOMATOES

Nutrition and Health

Tomatoes are a good source of lycopene, a powerful antioxidant that has been linked to a reduced risk of heart disease and certain types of cancer. They also contain vitamins A, C, and K, as well as potassium and fiber. ²

Selection

When selecting tomatoes, look for ones that are firm, smooth, and free of blemishes. The color should be a deep red, and the stem should be green. Avoid tomatoes that are soft, wrinkled, or have a yellowish tint. For the best flavor, choose a variety that is in season and locally grown.

Storage

Tomatoes should be stored at room temperature, away from direct sunlight. Do not refrigerate tomatoes, as this can affect their texture and flavor. If you have a large quantity, you can store them in a paper bag to help them ripen evenly.

Preparation

Tomatoes can be eaten raw or cooked. To prepare raw tomatoes, wash them thoroughly and slice them into wedges or dice. For cooked tomatoes, you can roast, sauté, or simmer them. Adding a pinch of salt and a drizzle of olive oil can enhance their flavor.

Tomatoes are a versatile ingredient that can be used in a variety of dishes, from salads and sandwiches to soups and sauces. They are also a great addition to smoothies and juices.

