



TOMATOES

IN THE CAFETERIA

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

www.nhharvestofthemonth.org



Tidbit

Tomatoes are both a sweet and tart fruit that add a punch of flavor and color to any dish. They are most commonly seen in shades of red, but orange, yellow, green, pink and purple varieties exist too! Tomatoes are a great addition to salads and sandwiches; they are also the base for many soups and sauces.

Cooking Tip

The easiest way to remove the skins from tomatoes is to blanch them in boiling water for 15-30 seconds, immediately place them in ice water, then use a paring knife to remove the skin.

RECIPES

Tomato Salsa

Yield: 50 quarter-cup servings of red/orange vegetable

Ingredients:

- 6¾ lbs fresh tomatoes
- 6 cloves garlic
- 1 medium onion
- ¼ cup plus 2 Tbsp. cilantro
- ¼ cup lime juice
- ¼ cup olive oil
- 2 tsp. salt

Directions:

1. Mince the fresh tomatoes, garlic, onion and cilantro. Some children suggested puréeing a portion of the tomatoes to give the salsa a smoother texture, while others enjoyed it chunky style—we'll leave it to you to decide.
2. Mix all ingredients in a bowl.
3. Let all ingredients stand for at least 20 minutes or up to one day, in the fridge, before serving.

Source: Adapted by GMFTS from Food Connects' "Amy's Fresh Salsa"

Cherry Tomato, Corn & Bean Salad

Yield: 50 quarter-cup servings; 50 eighth-cup servings of red/orange vegetable

Ingredients:

- 6¾ cups fresh cherry tomatoes
- 2 ears cooked corn or one 8 oz. can corn
- 1¼ cups pepper
- ½ cup onion
- 2½ cups black beans (three 8 oz. cans)
- 3 Tbsp. olive oil
- salt and pepper, to taste
- ½ cup cilantro (optional)
- 1 lime (optional)

Directions:

1. Drain and rinse black beans and corn.
2. Dice cherry tomatoes and peppers. Finely chop onion and cilantro (optional).
3. Add olive oil, then salt and pepper, to taste.
4. Mix all ingredients in a bowl.
5. Let all ingredients stand for at least 20 minutes or up to one day, in the fridge, before serving.

TOMATOES

IN THE CAFETERIA | PAGE 2



Selection

Firm and free of bruises. If you plan to cook the tomatoes down into a soup or sauce, try requesting seconds! They might be bruised, but they will cook down nicely and are less expensive.

Storage Tips

- Ideally, store them at room temperature, out of direct sunlight.
- If overripe, they can be put in the refrigerator for 1-2 days; to acquire maximum flavor, be sure to let them reach room temperature again before eating.
- **To freeze:** Rinse, hull and place in a labeled and dated freezer-grade bag. Make sure to leave room for expansion that occurs during freezing and remove all excess air. Frozen tomatoes will keep for 8-12 months.

Benefits

Tomatoes are an excellent source of vitamin C, the mineral potassium and lycopene, a member of the carotenoid pigment family; they are a good source of vitamin B3 (niacin), B5 (pantothenic acid), B6 (pyridoxal phosphate) and B9 (folic acid).

Mini Activities

- Taste test tomato varieties.
- Is it a fruit or a vegetable?

Sources: *The Encyclopedia of Healing Foods*, *The Visual Food Encyclopedia*

Kid-Friendly Eating Tips

- Dice up a few tomatoes, and add ingredients such as, garlic, onions, peppers, cilantro, basil or oregano and you have a perfect salsa dip for tortilla chips.
- Add fresh tomato slices to any sandwich.
- Tomatoes are a perfect addition to a green salad. They can become their own salad if you simply slice them and add balsamic vinegar, olive oil, salt and pepper.
- Cook down tomatoes for a fresh pasta sauce.

LOCAL TOMATO VARIETIES:



Tang



Green Zebra



Copia Beefsteak



Red Cherry



Black Cherry



Yellow Pear



Amish Paste



San Marzano Paste