



THE SUN-KISSED

tomato

One of the tomato's most important health benefits is its high amount of lycopene. Lycopene is a phytochemical found in red foods that is considered to be a potential cancer-fighting antioxidant.

DID YOU KNOW?



Tomatoes contain vitamins A and C that may help fight infection and keep hair, bones and skin healthy.

Botanically, the tomato is a fruit—legally it's considered a vegetable.

Tomatoes come in every color of the rainbow except for blue! You can find them in red, orange, yellow, green and even purple.

According to the U.S. Department of Agriculture, Americans eat between 22–24 pounds of tomatoes per person, per year.

SHOPPING, PREPARING AND STORING



An unripe tomato will ripen in a warm, sunny place like a window sill.

Store tomatoes at room temperature, out of their packaging and never in the refrigerator.

Choose tomatoes that are plump, shiny and that give slightly when you apply pressure.

COOKING TIPS



Tomatoes go well with basil, cumin, rosemary, dill, marjoram, tarragon and sage.

Tomatoes are perfect for every meal. Add diced tomatoes to scrambled eggs.

Blender Salsa

Serves 4-6



- 2 medium tomatoes, chopped
- 1/2 green pepper, diced
- 1/2 red pepper, diced
- 1/2 jalapeno, seeded and chopped
- 1 lime, juiced
- 1/2 teaspoon cumin
- 1/2 cup packed cilantro
- 1/4 teaspoon of salt

1. Place all ingredients in blender.
2. Set blender on low and blend ingredients until just combined.

WELLNESS TIP

Check with your local parks and recreation department for free or discounted group exercise classes.



CHOOSE MYPLATE!

Make at least half your plate fruits and vegetables.
Switch to fat-free or low-fat (1%) dairy.
Make at least half your grains whole grains.
Go lean with protein.



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