

The Tomato!

Who can resist a fresh, sun ripened garden fresh Tomato! Scientifically it is known as a fruit but most often utilized as a vegetable in cooking with it's savory features. Whether it is used fresh in sandwiches or salads or pureed in sauces the tomato can add great flavor, nutrients and taste to so many dishes.

A medium sized tomato has just 22calories but full of amazing nutrients. Tomatoes are full of anti-oxidants including: vitamin C, and Lycopene in addition to being a good source of Vitamin A and Potassium. And of course like all vegetables tomatoes are good source of fiber.



Tomatoes are delicate and you need to be careful when handling them as they can bruise or be damaged easily. The best place to store tomatoes is at room temperature in a cool, dark place. Over ripened ones can be stored in the refrigerator as this will slow the ripening process, but ultimately the best tomato is a fresh tomato!

Want a taste of Fresh Tomato in the middle of December – simply remove the stem and green part and then just pop in a freezer bag, no need to cut, or core- place 4-6 in a large freezer bag. Then when you are ready to use them in a stew or in a spaghetti sauce simple thaw stove top or in the microwave.

Simple Tomato Sauce – 6 tomatoes thawed. Place in a heavy fry pan with enough olive oil to coat the pan, add 2-3 cloves of coarsely chopped garlic, 1tbsp of Italian seasoning, salt and pepper to taste. Mix and let the flavors mingle for 15-20mins at low heat – Do not cover during this simmer time as you want the juices to evaporate leaving the intense taste of tomato. Then I like to add a tbsp of creamed goats cheese to add a creamy texture. Top over spaghetti squash, rice or traditional pasta – quick easy and tasty!