



## Tomatoes—Fall Harvest

This time of year thoughts turn to fall and fall produce like apples and pumpkins, but don't get in a hurry to put away the summer produce. Some summer vegetables continue to be in good supply through September. One summer vegetables still in good supply is the tomato. Tomatoes developed a little late this year and are still available at farmers' markets and grocery stores.

Tomatoes are one of the most popular vegetables eaten by Americans. Even though technically tomatoes are members of the fruit family, they are served and prepared as a vegetable. In MyPyramid they are considered a part of the vegetable food group.



One medium tomato has only 35 calories, 5 mg sodium, no cholesterol, less than a gram of fat; but provides 20% of the vitamin A and 40% of the vitamin C an adult needs every day.

### Varieties

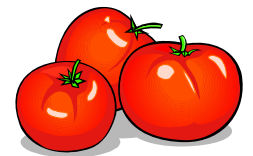
There are thousands of tomato varieties. The most common varieties fall into three groups: cherry, plum, and slicing tomatoes.

### Select and Store

Choose plump tomatoes with smooth skins that are free from bruises, cracks or blemishes.

Store tomatoes at room temperature (above 55 degrees) until they have fully ripened. They will continue to ripen after picking and will develop a good flavor and aroma. Fully ripe tomatoes may be refrigerated for 2 to 3 days. If you have more tomatoes than you can use, wash, core (may be peeled), chop and freeze for later use in sauces or other cooked dishes.

Three medium tomatoes is about 1 pound and will yield about 2 cups chopped.

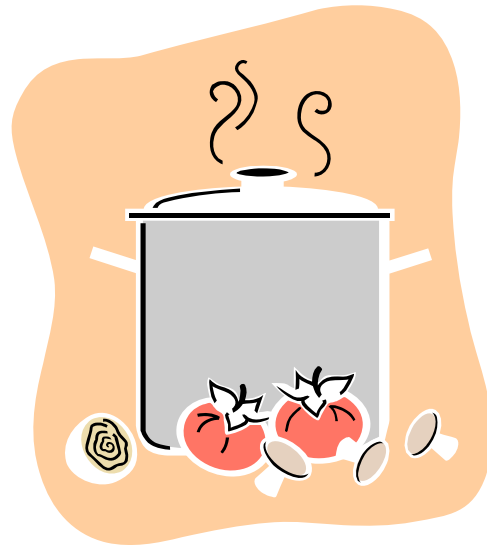


### Add Tomatoes to Your Meals

- They add color, flavor and texture to sandwiches and salads.
- They can be prepared in many ways including: stuffed, baked, stewed or grilled.
- Tomatoes can be used in soups and sauces, especially good with pasta.
- Raw tomatoes can make a tasty Mexican salsa or added to tacos or tostadas.
- Tomatoes combine well with most foods, such as, poultry, fish, rice, or pasta.
- Combine tomatoes with other vegetables for a healthy tasty side dish.

## Easy Herb Tomato Sauce

- 2 Tablespoons vegetable oil
- ¼ cup chopped green onion
- 2 cups peeled, chopped tomatoes
- ¼ cup water
- Salt and pepper to taste
- 2 Tablespoons chopped fresh basil  
(2 teaspoons dried)
- 1 Tablespoon chopped fresh oregano  
(1 teaspoon dried)
- 1 teaspoon chopped fresh thyme  
(¼ teaspoon dried)



Heat oil in saucepan, add onion and sauté briefly. Add tomatoes, water, salt and pepper and cook, stirring often, for about 15 minutes. Add the herbs and cook and stir for another 15 to 20 minutes. Will make about 2 cups of sauce.

Serve over cooked pasta or as a sauce for cooked chicken or fish.

Extra sauce may be frozen for future use.

Nutritional Information per ½ cup serving: 96 calories, 7 gm fat, 0 mg cholesterol, 8 g carbohydrate, 280 mg sodium.



Prepared by: Barbara Farner, Extension Educator  
Nutrition and Wellness  
Matteson Center



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM

