

TOMATOES



STORAGE

Keep ripe tomatoes at room temperature and away from direct sunlight for up to 5 days. Once cut or cooked, keep them in the refrigerator.

HELPS SUPPORT

Immune system and vision.

HOW TO RIPEN

Put tomatoes in a paper bag with top closed until they are slightly soft.

HOW TO USE

Roast them in the oven with salt and oil, add them to a salad.

PANZANELLA

Serves: 4 | Prep time: 30 minutes

INGREDIENTS

- 2 small cucumbers or 1 large
- 3 tomatoes, cut into small pieces
- ½ red onion, cut into small pieces
- Salt and pepper
- 4 slices of 1 day old bread
- 2 tbsp. olive oil
- Optional: jalapeno (cut up small), 1 lime, juiced

DIRECTIONS

FOR THE SALAD:

1. Peel the cucumber and cut into small pieces. Cut tomatoes and onion into small pieces.
2. Mix the cucumbers and tomatoes together in a bowl, keep 2 tbsp. tomatoes separate.
3. Sprinkle salt and pepper on the salad.
4. Toast the bread, then tear into small pieces.
5. Add bread to vegetables.



Photo: Good and Cheap

FOR THE DRESSING:

6. In a pan, heat the olive oil, then cook the jalapeno (if you use it) for 1 minute.
7. Add the 2 tbsp. tomatoes and cook for 2 more minutes.
8. Turn the stove off, add the lime juice, and a pinch of salt and pepper.
9. Add the dressing to the salad!

Adapted from Good And Cheap by Leanne Brown



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