

TOMATOES

Nutrition and Health

Tomatoes are a rich source of lycopene, a powerful antioxidant that has been linked to a reduced risk of heart disease and certain types of cancer. They also contain vitamins A, C, and K, as well as potassium and fiber. ²

Selection

When selecting tomatoes, look for ones that are firm, smooth, and free of blemishes. The color should be a deep red, and the stem should be green. Avoid tomatoes that are soft, wrinkled, or have yellowing at the stem.

Storage

Tomatoes should be stored at room temperature until they are ripe. Once ripe, they can be stored in the refrigerator for up to a week. ⁰

Preparation

Tomatoes can be eaten raw or cooked. They are often used in salads, soups, and sauces. To prepare, wash the tomatoes thoroughly and remove the stem.

For a tomato-based sauce, simmer tomatoes in a pot with olive oil, garlic, and herbs for 30 minutes. ⁰¹ () ⁰

