

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 and attached. 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 a versatile ingredient in many dishes, including salads, soups, and sauces.

For a simple tomato salad, slice the tomatoes and mix with olive oil, vinegar, and salt. ⁰¹ () ⁰

