

Cherry Tomato



Selection - Choose firm tomatoes with bright, shiny skins.

Storage - Store on the counter out of direct sun. Refrigerate if you cannot use them before they will spoil (stays fresh for up to 1 week after ripe).

Nutrition - Vitamin A in tomatoes supports healthy eyes and healthy skin.

3 EASY WAYS TO USE CHERRY TOMATOES

- To roast, slice cherry tomatoes in half and toss with green beans or asparagus in oil and oregano. Place on a sheet pan in the oven for about 15 minutes at 400 degrees. Sprinkle with Parmesan or mozzarella cheese.
- To make a salad, slice cherry tomatoes in half and cut cucumbers. Place in a bowl and mix with light Italian dressing. Thinly sliced onions can also be added. Refrigerate and serve cold.
- To make a hot pasta dish, start by cooking pasta. While pasta is cooking, cut cherry tomatoes in half. Add oil, spinach, garlic and cherry tomatoes to another pan and cook until spinach shrinks down. Drain pasta. Add veggies and Italian spice mix to pasta.



Garden Fresh Pasta Salad

Makes 14 Servings

Ingredients

- ☐ 1 (16 ounce) box whole wheat pasta, uncooked
- ☐ 2 cups broccoli
- ☐ 1 red onion, chopped
- ☐ 1 red pepper, chopped
- ☐ 2 cups cherry tomatoes, cut in half
- ☐ 1 cup dressing (Italian, sundried tomato or balsamic vinaigrette)
- ☐ 1/2 cup Parmesan cheese, grated

Directions

1. Cook pasta in large pot as directed on box. Add broccoli to the boiling water for the last 3 minutes. Drain.
2. Rinse pasta mixture with cold water; drain well. Place in large bowl. Add all the rest of the ingredients except cheese; mix lightly.
3. Refrigerate 1 hour. Stir gently before serving; top with cheese.

