

# Best of the Great Tomato Tip-Off Contest!

## #1

Toss diced, canned **T**omatoes with jalapeños and  
Black beans for a satisfying salsa

To save time, use canned, ch**O**pped tomatoes in  
tacos and tostadas

Pour tomato sauce over sliced **M**eatloaf, add sprigs of  
parsley for eye appeal

Add canned tomatoes to c**A**nned soups to boost  
Vitamin C and potassium

Toss drained, diced tomatoes with freshly chopped  
basil, spoon on **T**o grilled fish

Pour canned, diced tomatoes **O**ver chicken breasts, sprinkle  
with parmesan cheese and bake

Scatter Italian seasoned, canned tomatoes  
on a baked froz**E**n pizza for a fresh taste

Add diced, drained, canned tomatoes  
to cooked **S**panish rice or couscous

## #2

### **Tuesday is Tomato Day!**

Make Tuesday the day you make sure to eat at least three tomato products. As a reminder of all the wonderful nutrients in tomatoes (vitamin C, lycopene, and other health promoting disease fighting compounds) on Tuesdays, make sure you eat at least three tomato products. Add tomato paste to soups, stews and casseroles, drink tomato juice for breakfast, take a spoonful of diced tomatoes and add them to a wrap or sandwich, or add extra tomato sauce to your pizza slice. Get creative -- If it's Tuesday, it's tomato day.

## #3

### **Eating Cross Culturally**

While you are trying to brainstorm ways to eat healthy tomatoes, think cross-culturally. Mexican food is known for spicy salsas, containing garlic, lime and cilantro. Italians create traditional dishes with elegant spaghetti sauces, flavorful pizza sauce, and tomato bruschetta. Some African stews made in slow-cookers have a tomato and peanut butter base. Always keep cans of tomatoes in stock at home. When looking for a new twist on dinner, pick a tomato dish from another culture and innovatively add your own blend of spices and food combinations. Be creative, because it never hurts to try something new!

## #4

### **Hey guys, are you protected below the belt?**

Who knew that tomatoes may be your best defense? Tomatoes?! Regularly eating processed tomato products has been shown to reduce the risk of prostate cancer among many other health issues.

Tomato products + healthy fats provide an extra bonus. So, how about some extra salsa with your chips and guac? Or pasta mixed with marinara sauce, olive oil, and parmesan cheese? Or toasted bread with canned diced tomatoes and olives – aka: bruschetta, how impressive! And don't forget the good old standby- scrambled eggs loaded with ketchup. How comforting...powerful... and MANLY too!

## #5

### **When the recipe calls for a small amount of tomato paste -- you use a tablespoon or two, and the rest goes to waste. Try this...**

Open both ends of the can, be very careful, with a can opener. Remove one metal end, and discard it. Leave the other in place. Wrap the entire can in plastic wrap, and freeze overnight. The next day, push the frozen paste out the open end. Discard can, tightly rewrap, store in freezer up to 3 months. Get the nutrient packed benefits--by just slicing off a section whenever your recipe calls for this lycopene-rich ingredient.

To freeze leftover tomato paste: Line a pie pan with plastic wrap. Place level tablespoons of paste at 1-inch intervals on the plastic wrap. Freeze, uncovered, until solid. Once frozen, just place the contents in a Freezer bag and freeze until ready to use. The tablespoons of frozen paste can be dropped right into hot mixtures like soups and sauces. This can enliven a bland soup and pack it with a dollop of lycopene.

# #6

## Think Red!

Nutrition science links lycopene, a powerful antioxidant compound found in tomato products, to reduced risk of certain types of cancer. To benefit your health, THINK RED. Make a list of all the red foods you eat, and then add ten more that you could “turn red” simply by adding diced tomatoes, tomato sauce, tomato paste, or stewed tomatoes. For example your favorite casserole or stew could “turn red” simply by adding a can of stewed tomatoes or a few tablespoons of tomato paste. Turn your favorite soup red by adding a can of stewed tomatoes.

# #7

In these difficult economic times,  
When people watch their nickels and dimes.  
Tomatoes products make economical dishes  
Sure to please hungry family's wishes  
For tasty treats packed with nutrition  
Canned tomatoes make a great addition.  
For quick meal starters that stretch your dollars  
Saute some chicken n' garlic and everyone hollers  
Yum! Add mushrooms, diced tomatoes from canned  
With Italian spices, chopped peppers, it's grand!  
Make a fast and tasty treat  
That's rich in nutrition and great to eat!

## #8

**One tomato, two tomato, three tomato, four...  
Five tomato, six tomato, seven tomato score!**

Tomato products are an excellent source of Vit A, Vit C and Vit K and cancer fighting lycopene. Aim for 7 servings of tomato products each week. Try tomato paste added to soups, chopped tomatoes in salads or canned tomatoes mixed with cubes of cheese tossed in a light vinaigrette.

## #9

### **Stewed Tomatoes Tip**

No salt added, canned stewed tomatoes are a convenient and delicious addition to meals. Blenderize warmed stewed tomatoes with a hand blender right in the saucepan, slowly add a cup of plain soymilk and you have a creamy gourmet tomato soup, ready to serve.

Mashed with drained beans and then mixed with leftover rice, stewed tomatoes make a quick burrito filling.

Hungry for chili? Add a can of your favorite beans to stewed tomatoes with Jalapeños, add a teaspoon of chili powder, heat gently, and then serve over a microwaved baked potato. Top with grated cheese. Dinner's on!

# #10

## **Tomatoes All the Day-O!**

From breakfast, to lunch to dinner, you can enjoy quick and easy meals with tomatoes all day long. Add canned tomatoes in olive oil and garlic to your breakfast omelet for a Mediterranean flare. Enjoy a personal pizza at lunch by topping a whole-grain pita with low-sugar pasta sauce and reduced-fat mozzarella. And for dinner, spice things up by combining low-sodium ketchup with chili powder, hot sauce, jalapenos and lime for Thai-style vegetables. There's nothing you can't do with a tomato ~ just get creative! Start right and end strong with nutrient-dense and delicious tomatoes.