



WIC...

**Healthy Habits,
Healthy Families**

Tomatoes

Tomatoes are a good source of vitamin C, vitamin A and potassium. Enjoy tomatoes on sandwiches, in salads or on pizza.

Look for
North Carolina
tomatoes from
July to
October.

Buying fresh tomatoes...

- Select plump tomatoes that are smooth and have a bright-red, even color. They should not have bruises, cracks or spots.

Storing fresh tomatoes...

- Store tomatoes at room temperature away from direct sunlight.
- When tomatoes are ripe, they can be eaten immediately or stored in the refrigerator for 2 to 3 days.

Enjoying fresh tomatoes...

- For best flavor, bring tomatoes to room temperature before serving.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Skillet Zucchini with Tomatoes

www.fruitsandveggiesmatter.gov

Makes
4
servings

This recipe uses three vegetables you can buy with your cash-value vouchers.

Ingredients...

- 1 teaspoon olive oil
- 1 cup onion, chopped
- 1 clove garlic, minced
- 4 small zucchini, thinly sliced
- 2 medium tomatoes, chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Directions...

1. In a large nonstick skillet, heat olive oil over medium heat. Add onion and garlic. Cook, stirring until softened, about 5 minutes.
2. Add zucchini and cook for 2 minutes.
3. Add tomatoes and cook for 3 to 5 minutes.
4. Season to taste with salt and pepper.

Nutrition information...

Calories 70, Fat 1.5g, Carbohydrate 12g, Protein 3g, Fiber 3g, Sodium 170mg, Cholesterol 0mg.

Quick Ideas for Fresh Tomatoes

- **Tomato Sandwich:** Toast two slices of whole-wheat bread. Spread with mayonnaise. Slice a big, ripe tomato. Make the sandwich and season to taste with salt and pepper.
- **Tomato Bowl:** Cut the stem and a thin slice off the top of tomatoes. Use a spoon to scoop out the seeds and the rest of the center. Turn the tomatoes upside down to drain. Fill them with tuna or chicken salad.

Family Goals

- My family and I will try tomatoes on a sandwich.
- My family and I will try tomatoes in a salad.
- My family and I will try tomato slices on pizza.
- My family and I will try tomatoes in soup.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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