


# Fruit & Vege Co-op



## Tomatoes

STORAGE		PREPARATION	
<ul style="list-style-type: none"><li>- Store at room temperature, out of direct sunlight.</li><li>- Speed up ripening by putting in a paper bag. Do not refrigerate unless they are over-ripe.</li></ul>		<ul style="list-style-type: none"><li>- Wash and dry before cooking or eating.</li><li>- It is not necessary to remove the skin or the seeds unless specified in a recipe.</li></ul>	
ADD FLAVOUR		VEGE UP	
<ul style="list-style-type: none"><li>- Sprinkle sliced tomatoes with balsamic vinegar and black pepper.</li><li>- Scatter fresh basil leaves over sliced tomatoes and add salt and pepper and a drizzle of olive oil.</li></ul>		<ul style="list-style-type: none"><li>- Eat raw in salads, sandwiches or on their own.</li><li>- Add to pizzas, pasta sauces, soups or stews.</li><li>- Tomatoes preserve well, are easily frozen or bottled.</li></ul>	
COOKING			
<ul style="list-style-type: none"><li>- Grill: Remove core, halve large tomatoes. Score top of small tomatoes with a cross.</li><li>- Stuff: Cut tops off and retain, scoop out seeds and stuff with favourite filling. Bake with tops on.</li></ul>			
<b>RECIPE: Tomato and Broccoli Salad (Serves 4)    Source: Canterbury District Health Board</b>			
<p>1 Head of broccoli 4 tomatoes, finely diced 3 rashers of bacon (or ham), finely diced Chives or 2 spring onions finely diced</p> <ol style="list-style-type: none"><li>1. Cut broccoli into small florets and finely dice the stems.</li><li>2. Place the broccoli into boiling into boiling salted water for one minute, drain and dry on a paper towel or clean tea towel.</li><li>3. Lightly fry or bake the bacon until crisp.</li><li>4. Mix broccoli, tomatoes and bacon together.</li><li>5. Serve with sliced chives or spring onions.</li></ol>			
<b>Serving Suggestion</b> <ul style="list-style-type: none"><li>- Dress with a drizzle of olive or vegetable oil, balsamic vinegar, salt and pepper. For an extra flavour boost, mix in a teaspoon of wholegrain mustard.</li></ul>			

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op