

Tomatoes

Produce Pick of the Month



Enjoy them ...

- Sliced on sandwiches or pizza
- Diced in fresh salsa or on salads
- Blended into gazpacho or pasta sauce
- Stewed or stuffed

Select tomatoes with bright, shiny skins and firm flesh.

Store at room temperature away from direct sunlight, for use within 1 week after ripe.

Nutrition Benefits

- High in vitamin A
- High in vitamin C
- Good source of potassium



Fresh Bruschetta

Ingredients

- 1 baguette (or gluten free baguette for gluten free)
- 1 Tbsp. olive oil (optional)

Bruschetta:

- 6 Roma tomatoes (plump, ripe), chopped
- ½ cup red onion, finely chopped
- 3 cloves garlic, minced
- 1 bunch fresh basil, finely chopped

- 1 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- ½ tsp. sea salt

Garnish:

- 2 Tbsp. Kalamata olives, chopped
- 2 Tbsp. grated parmesan
- Handful arugula
- Balsamic reduction

Directions

1. Preheat oven to 450°F. Cut baguette into ½ inch slices on an angle. Place baguette slices on a baking sheet. Drizzle with olive oil (optional). Bake for 5-7 minutes, or until golden brown.
2. Add tomatoes, red onion, garlic, basil, balsamic vinegar, olive oil and sea salt in a large bowl. Mix together.
3. Scoop the bruschetta mixture onto the baguette. Garnish with olives, fresh basil, arugula, and balsamic reduction, if desired. Serve immediately after assembling the bruschetta.