

Tomato



Health Benefits

- Contains vitamin C, vitamin A and many different minerals.
- Research shows that eating tomatoes promotes male prostate health!

Storage

At room temperature. Once cut, store covered in refrigerator.

Preparation

Rinse well with water. Cut off the leafy tops. Slice, dice or chop tomatoes. Eat as is or add to salads, sandwiches, soups and stews.



Bruschetta

Ingredients:

2 cups tomatoes, finely diced
1 small onion, finely diced
2 gloves of garlic, minced
3 tbsp of oil
Salt and pepper to taste



Directions:

1. In a medium bowl, toss all ingredients together. Season to taste.
 2. Serve on a baguette or cracker.
- *Recipe adapted from jocooks.com