

Pick a *better* snack™

(how easy is that?)

Slice. Eat



Tomato Toppers

Add the following toppings to sliced tomatoes:

 Shredded mozzarella cheese and basil

or

 Parmesan cheese and garlic powder

Microwave for 30 seconds. Serve.

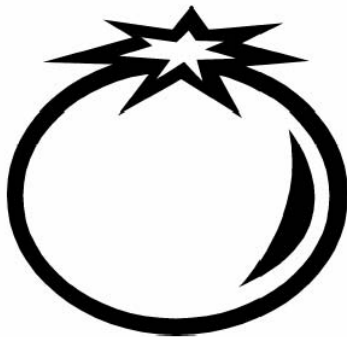


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Tomato      **Wash. Eat. How easy is that?**

-  Keep washed grape tomatoes in plastic sandwich bags in the refrigerator for a quick ‘grab and go’ snack.
-  Spread biscuit-type crackers with low-fat cream cheese. Top with grape tomato halves and shredded carrots to make mini pizzas
-  Make spring flowers using celery sticks for stems and grape tomatoes for blossoms.
-  Hollow out tomato and fill with cottage cheese and tuna to make a tomato “bowl.”

Buying tips: Choose plump tomatoes with little blemishes and that have a strong tomato smell.





Special tip: To ripen, place tomatoes in indirect light or in a paper bag.

Storing tips: For optimum flavor, store at room temperature in indirect sun. Storing in the refrigerator may result in less flavor.

Serving size: 1 cup sliced or chopped, 1 medium tomato

Message from Iowa Nutrition Network and USDA’s Food Stamp Program

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