

# Pick a **better** snack™ – THE COLOR WAY

## GRAPE TOMATOES

*Wash. Eat. How easy is that?*



A colorful addition to any snack and packed with nutrients, you can enjoy grape tomatoes anytime. The grape tomato joins other varieties as a good source of vitamin C, vitamin A and lycopene, an antioxidant that may help protect against some types of cancer.

### CYCLONE SALAD (YIELDS 6 SERVINGS)

3-1/2 cups yellow squash, thinly sliced (about 1 lb.)  
3 cups grape tomatoes, halved (about 1 lb.)  
1/4 cups red onion, chopped  
1/2 cups reduced-calorie Italian dressing  
Lettuce leaves

Combine first 3 ingredients in a bowl. Add dressing; toss well. Cover and chill. Serve in 6 lettuce-lined bowls.

### TOMATO AND CANNELLINI SALAD (SERVES 4)

3 cups grape tomatoes, halved (about 1 lb.)  
1 can (19 ounces) cannellini beans (white kidney beans), rinsed and drained  
3/4 cup chopped onion  
2 tablespoons chopped parsley  
1/3 cup prepared Italian salad dressing  
1/2 cup dices feta cheese (about 3 ounces)

In a medium size bowl, combine tomatoes, cannellini beans, onions, parsley, and Italian dressing; toss until well coated. Cover; marinate for 15 minutes. Top with feta cheese. Serve over lettuce, if desired.

Recipe source: Modified from Florida Tomato Committee

Include **RED** fruits and vegetables in your low-fat diet to maintain:

- A healthy heart
- Urinary tract health
- Memory function
- A lower risk of some cancers

Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about *5 A Day the Color Way*™, visit [www.5aday.com](http://www.5aday.com).