

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

TOMATOES

Wash. Eat. How easy is that?



Botanically, tomatoes are a fruit but we prepare and serve them like a vegetable. A tariff dispute in 1893 resulted in tomatoes being ‘officially’ proclaimed a vegetable. Their versatility makes them suitable for eating either raw or cooked.

The red color of the tomato makes it a super star in the nutrition world. Red tomatoes contain lycopene, an antioxidant that may help protect against cancer. Choose tomatoes that are plump and heavy with smooth skins. Size has no bearing on flavor, texture or quality. For the best flavor, store tomatoes at room temperature.

TOMATO WRAPS

1/3 cup reduced fat chive & onion cream cheese

6 spinach leaves

1 tomato, seeded and sliced into thin rounds

2 8 to 10 inch flour tortillas

Spread a little cream cheese on each spinach leaf then spread remainder on the two tortillas. Place 3 slices of tomato down the center of each tortilla. Top each tomato slice with a spinach leaf – cream cheese facing up. Roll up each tortilla into a tight log. Cut each log into 5 or 6 pinwheel sandwiches.

SALAD SOUP (YIELDS ONE GALLON)

Combine with a blender:

1 46 oz. can V₈ juice (reduced sodium preferred)

¼ cup vegetable oil

2 teaspoons lemon juice

1 teaspoon Worcestershire sauce

1 clove garlic

dash Tabasco

Add to blended mixture and chill:

3 peeled and diced tomatoes

1 cucumber, peeled and diced

1 green pepper, diced

¼ cup green onion tops, sliced

2 carrots, sliced

2 stalks celery, chopped

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

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

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/pickabettersonack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way™, visit www.5aday.com.