

Tomatoes

Contain vitamins A, C and E;
Potassium, fiber and lycopene!!!!



Roasted Grape Tomatoes

4 cups grape tomatoes*
3 garlic cloves, peeled
3 T. extra-virgin olive oil

2 tsp. kosher salt
1 tsp. pepper

Preheat oven to 400°F. Place tomatoes and garlic in a medium bowl. Drizzle with olive oil and sprinkle with salt and pepper (or other herbs). In a 9"x13" baking dish, place the tomato mixture—making sure that the tomatoes are in one layer. Roast for 20 minutes, then stir. If dry in appearance, add 2-3 tablespoons hot water. Return to oven for 20 to 30 minutes for a deeper roast flavor. Makes 4 cups.

*Other chopped tomatoes can be used. Other herbs can also be used.

Pasta Salad with Roasted Tomatoes and Basil

1 lb. gemelli or other short pasta
1 cup (or more) chopped roasted tomatoes
½ cup extra virgin olive oil
1 tsp. finely grated lemon zest

2 tsp. lemon juice
½ cup grated Parmesan cheese
½ cup fresh basil leaves, roughly chopped

In a large pot of boiling salted water, cook pasta according to package directions. Meanwhile, in a large bowl, combine the tomatoes, olive oil, lemon zest, lemon juice and Parmesan cheese. Drain pasta and add to bowl with other ingredients. Add basil and toss to coat well. Serve while warm or refrigerate for up to two days. To serve: Sprinkle with additional basil and Parmesan cheese, if desired. Serves 6.

Lightened Up Fried Green Tomatoes

4 medium-size green tomatoes (about 1 1/3 lb.)
½ tsp. salt
½ tsp. pepper
1 cup self-rising white cornmeal mix

½ cup panko (Japanese breadcrumbs)
½ cup all-purpose flour
4 egg whites
3 T. olive oil

Cut tomatoes into 1-2-inch thick slices; sprinkle with salt and pepper. Let stand 10 minutes. Combine cornmeal mix and panko in a shallow dish or pie plate. Place Flour in a second shallow dish or pie plate. Whisk egg whites in a medium bowl until foamy. Dredge tomato slides in flour, shaking off excess. Dip in egg whites, and dredge in cornmeal mixture. Cook half of tomato slices in 1 ½ T. hot oil in a nonstick skillet over medium heat 4 to 5 minutes on each side or until golden brown. Season with salt to taste. Place on a wire rack in a jelly-roll pan, and keep warm in a 225°F oven. Repeat procedure. Makes about 20 slices.

Sauce options:

Pepper Jelly Sauce: Stir together 2/3 cup red pepper jelly, 2 T. spicy brown mustard, and 1 tsp. prepared horseradish.

Bleu Cheese-Dill Sauce: Stir together ½ cup sour cream, ½ cup low fat plain yogurt, 2 tsp. chopped fresh dill, 2 oz. crumbled blue cheese, 1 tsp. lemon juice, and ¼ tsp. salt.

Italian Zucchini and Tomatoes

1 medium zucchini, cut lengthwise into 4 slices
1 large tomato, cut into 4 slices
¼ tsp. dried Italian seasoning, crushed
¼ tsp. black pepper

1/3 cup panko (Japanese-style bread crumbs), or flaxseed meal
¼ cup finely shredded Parmesan cheese
1 clove garlic, minced
Cooking spray

Preheat broiler. Coat both sides of zucchini with cooking spray. Sprinkle zucchini and tomato with Italian seasoning and black pepper. Place zucchini slices on unheated rack of broiler pan and place in oven. Broil 4-5 inches from heat for about 8 minutes until crisp-tender, turning halfway through broiling. Meanwhile, combine panko, cheese and garlic and mix thoroughly. Place tomato slices on broiler pan and sprinkle tomato and zucchini with the panko mixture. Broil 1-2 minutes longer until the topping is golden. Serves 4.

Summer Tomato, Onion and Cucumber Salad

3 T. rice vinegar
1 T. canola oil
1 tsp. honey
½ tsp. salt
½ tsp. freshly ground pepper, or more to taste

4 medium tomatoes, cut into ½ inch wedges
1 sweet onion, halved and very thinly sliced
2 cucumbers
2 T. coarsely chopped fresh herbs, such as parsley, chives, and/or tarragon

Whisk vinegar, oil, honey and salt and pepper in a large shallow bowl. Remove alternating strips of peel from the cucumbers and slice into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour. Just before serving, add herbs and toss again. Serves 6.

Tomato Tartlets

1 sheet frozen puff pastry, thawed
2/3 cup packed grated sharp cheddar cheese
3 medium tomatoes, cut into ¼" thick slices (need 10 slices)

4 tsp. extra virgin olive oil
Ground pepper
1/3 cup small basil leaves, for serving

Preheat oven to 375°F, with racks in upper and middle thirds. Lightly flour a rolling pin and work surface and roll out puff pastry to a 14"x16" rectangle. With a 4" cookie cutter, cut out 10 rounds and transfer to two parchment-lined rimmed baking sheets; with a fork, prick each round all over. Sprinkle 1 tablespoon cheese on each, leaving a ¼" border. Top with 1 tomato slice. Brush with oil and season with pepper.

Bake until pastry is deep golden at edges, 25-30 minutes, rotating sheets halfway through. Let tartlets cool completely on a wire rack. Store between layers of parchment in an airtight container, up to 1 day. Top with basil to serve. Makes 10.

Double Tomato Bruschetta

6 roma tomatoes, chopped
½ cup sun-dried tomatoes, packed in oil
3 cloves minced garlic
¼ cup olive oil
2 tbsp. balsamic vinegar

¼ cup fresh basil, stems removed
¼ tsp. salt
¼ tsp. ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

Preheat the oven on broiler setting. In a large bowl, combine the tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted. Makes 12 servings.