



# LET'S COOK AND EAT TOMATOES

Tomatoes add bright color, tempting flavor and vitamin value to meals. They taste good and are good for you, whether eaten fresh, canned or cooked.

Tomatoes are a rich source of vitamin C which helps to prevent tooth decay, weak blood vessels, pains and swelling in joints and limbs and slow healing of wounds. A large, vine-ripened tomato will give you about half your day's need of vitamin C, as well as a generous amount of vitamin A. The body cannot store vitamin C so you should eat tomatoes or other vitamin C foods such as citrus fruits, raw cabbage and melons every day.

To get the most food value from tomatoes, eat them raw and fresh. But remember they also hold a large share of their vitamins when cooked, canned or in tomato juice.

## Tomato Tips

- Tomatoes should be firm, well formed, of good color and not overripe.
- Sort and use ripest tomatoes first.
- Store tomatoes in a cool place . . . the refrigerator is a good place.
- Peel and cut tomatoes just before cooking or serving.
- To peel tomatoes, dip in hot water 1 to 2 minutes, then quickly into cold water. The skin will slip off.

- Arrange sliced tomatoes and cucumber on lettuce leaves around a mound of cottage cheese.
- Combine diced tomato, celery, radishes, cucumber, green onions, lettuce and salad dressing.

## Tomatoes in Salads

- Arrange tomato, avocado and grapefruit sections on lettuce and top with salad dressing.
- Combine diced tomato, cooked English peas, shredded celery, hard cooked egg and salad dressing.



## Tomato Recipes

### STEWED TOMATOES

- 6 medium sized tomatoes, quartered
- 1 small onion, sliced
- 1 teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon sugar
- 1 tablespoon bacon drippings, butter or margarine
- $\frac{1}{2}$  cup soft bread cubes

Combine all ingredients except bread cubes. Cook 20 minutes and add bread cubes just before serving. Serves 6.

### TOMATO-MEAT SAUCE

- 2 $\frac{1}{2}$  cups fresh or  
1 No. 303 can tomatoes
- $\frac{1}{2}$  garlic clove
- 1 bay leaf
- $\frac{3}{4}$  pound ground beef
- $\frac{1}{4}$  cup chopped onion
- $\frac{1}{4}$  cup chopped green pepper
- 2 tablespoons fat
- 2 tablespoons flour
- 1 teaspoon sugar
- 1 teaspoon salt
- Dash of pepper

Cook tomatoes, garlic and bay leaf together 20 minutes for fresh tomatoes, 10 minutes for canned tomatoes. Press through a sieve. Brown the beef, onion and green pepper in fat. Blend in the flour. Add sieved tomatoes, sugar, salt and pepper. Cook over low heat, stirring

constantly until thickened. Serve hot on cooked spaghetti, noodles or rice. Serves 4.

### BROILED TOMATOES

Wash 6 medium sized tomatoes and remove stem ends. Cut tomatoes in half and place cut side up in a shallow pan or on broiler rack. Brush with melted butter or margarine and sprinkle with salt and pepper. Place in broiler with top of tomatoes about 3 inches from source of heat. Broil about 15 minutes or until tender. If desired, sprinkle with fine, dry bread crumbs or Parmesan cheese for the last few minutes of broiling. Serves 6.

### TOMATO CHEESE PUFF

- 2 $\frac{1}{4}$  cups tomato juice, heated
- $\frac{1}{2}$  pound shredded cheddar cheese (2 cups)
- 6 slices toast

Cover bottom of baking dish with 3 slices of toast. Sprinkle with half the cheese. Cover with remaining toast and cheese. Pour hot tomato juice over top and bake at 375° F. 20 minutes. Serves 3.

### HOT TOMATO BOUILLON

- 1 No. 303 can tomatoes
- 1 cup water
- 2 beef bouillon cubes
- Salt to taste
- Dash of pepper
- 1 lemon
- 1 teaspoon chopped parsley

Press tomatoes through a sieve to remove seeds. Heat sieved tomatoes with water and bouillon cubes to the boiling point. Season and

serve hot with a thin slice of lemon floating on the top and a sprinkling of parsley for each serving. Serves 5.

### **TOMATO SCRAMBLE**

1 tablespoon butter or margarine  
2 tablespoons chopped onion  
1 tablespoon flour  
2 or 3 tomatoes,  $\frac{3}{4}$  pound, peeled and quartered  
 $\frac{1}{2}$  teaspoon sugar

$\frac{1}{2}$  teaspoon salt  
Dash of pepper  
4 eggs

Melt butter or margarine in a large skillet. Add onion and cook until soft, about 5 minutes. Blend in the flour, then add tomatoes. Add seasonings and carefully stir the tomatoes into the flour mixture. Cover and cook over low heat 5 to 10 minutes or until tomatoes are tender, but not mushy. Keep mixture over low heat and add the whole eggs, stirring gently with a fork as they cook. Serve at once on slices of toast. Serves 4.

## **This Tastes Good in Texas**

### ***Dinner***

Meat Loaf

Blackeye Peas      Stewed Tomatoes\*  
Corn Bread      Butter or Margarine  
Fruit Compote      Cookies  
Milk

### ***Dinner or Supper***

Broiled Hamburger Patties  
Hot Potato Salad      Broiled Tomatoes\*  
Relish Tray      Hamburger Buns  
Ice Cream  
Milk

### ***Supper***

Hot Tomato Bouillon\*  
Roast Beef Sandwiches  
Celery and Carrot Sticks, Deviled Eggs,  
Pickles  
Milk

### ***Dinner***

Tomato-Meat Sauce over Spaghetti\*  
English Peas      Tossed Salad  
Garlic Bread  
Chilled Peaches  
Milk

### ***Supper***

Tomato Cheese Puff\*  
French Fried Potatoes  
English Peas, Celery and Hard  
Cooked Egg Salad  
Lemon Pie  
Milk

### ***Breakfast***

Sliced Bananas with Cream  
Tomato Scramble on Toast\*  
Bacon  
Milk and Coffee

\*Recipes given in leaflet.

## Do This at Home

If you are carrying a demonstration in foods and nutrition, do these things at home before the next club meeting:

1. Prepare a salad using tomatoes.
2. Prepare cooked tomatoes.

3. Prepare a main dish using tomatoes.

4. Plan and prepare or help your mother plan and prepare a complete meal using tomatoes in the menu. Set the table when this meal is served.

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### TEXAS AGRICULTURAL EXTENSION SERVICE

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