



Vegetable Basics: Tomatoes

Juicy, colorful, and full of flavor, tomatoes are rich in nutrients and can be enjoyed raw or cooked in countless ways.

✓ How to Store

- Whole tomatoes: Store at room temp, out of direct sunlight.
- Ripe tomatoes: Refrigerate to extend shelf life, then bring to room temp before eating.
- Cut tomatoes: Keep in the fridge and use within 1–2 days.

✓ Easy Ways to Prepare

- **Raw:** Slice for sandwiches, dice for salsa, or toss into salads.
- **Sauté:** Cook chopped tomatoes in a skillet with olive oil, garlic, and herbs for 5–7 minutes.
- **Roast:** Cut in half, drizzle with oil, and roast at 400°F for 20–25 minutes until soft and caramelized.
- **Simmer:** Cook down chopped tomatoes to make sauces, soups, or stews.



Try Them Like This...

- Slice fresh tomatoes for sandwiches or wraps
- Toss cherry tomatoes into salads or pasta
- Roast with olive oil, garlic, and herbs as a side dish
- Cook down into homemade tomato sauce or salsa
- Add to soups, stews, or casseroles for extra flavor

✓ Freeze for use all year

- **Freeze whole or chopped:** Core and freeze in a bag—no need to blanch.
- **Use from frozen:** Great for soups, sauces, or stews—skins slip off easily when thawed.
- **Texture changes:** Best used cooked, not raw, after freezing.



No need to can

Waste Less Tip

Got overripe tomatoes? Don't toss them! Blend into tomato soup, pasta sauce, or salsa. You can also roast them and freeze for future recipes.