

## Notes on Tomatoes

Full of Vitamin C and flavor the tomato is a great addition to any meal. Fresh tomatoes go well in salsa, salads, sauces, soups or by themselves. Tomato slices drizzled in olive oil and dusted with salt make a wonderful salad. To maintain their fresh taste store tomatoes stem side up at room temperature away from sunlight.

## Simple Ideas for Tomatoes

- Place thick slices of juicy tomatoes on a sandwich, wrap, or burger.
- Blanch fresh tomatoes and freeze them to have great tasting tomatoes during cold winter days.
- Roast tomatoes and garlic with olive oil. Place them in a food processor with salt, pepper, and basil, then puree, for a delicious spaghetti sauce.

## Canned Salsa

*Recipe by Bertha Kleinschmidt, Country Gardens*

12-15	Large Tomatoes	¼ cup	Sugar
2	Large Onions	2 tsp	Chili Powder
2	Large Green	1 tsp	Ground Cumin
1	Large Red Peppers	½ tsp	Black Pepper
1 ½ cups	White Vinegar	1 tsp	Garlic Powder
1 tbsp + 1 tsp	Salt	1-15oz	Can tomato sauce
2 tsp	Dry Mustard		Assortment Hot Peppers

Peel and ¼ tomatoes, scoop out seeds. Combine all ingredients, cook to boil, simmer 1 hour, stir now and then. Put in jars and seal.

## Fresh Tomato Salsa

*If you like hot salsa, leave more of the ribs and seeds in the jalapeno. I normally bit a small piece off the jalapeno to judge its heat..*

1 lb	Tomatoes	1	Lime
1	Jalapeno	½ cup	Onion
2	Garlic Cloves	½ tsp	Salt
½ cup	Cilantro, Leaves	1 tsp	Sugar

Cut tomatoes into quarters and remove seeds. Place them in a food processor. Cut the jalapeno in half. Remove as much rib and seeds as you like. Place the jalapeno, garlic, cilantro, lime juice, onion, salt, and sugar in the food processor. Blend until it is at a consistency you like. Chill for an hour and then enjoy!

## Stuffed Tomatoes

4	Tomatoes
½ cup	Onion, chopped
1	Zucchini, chopped
1	Yellow Pepper, chopped
½ cup	Mozzarella
1 tsp	Salt
2 tbsp	Olive Oil

Preheat the oven to 350 degrees. With a paring knife carefully cut around the top of the tomato. Remove the top. Carefully haul the tomato using the paring knife. Be careful not to pierce the skin. Mix the zucchini, yellow pepper, and mozzarella together. Stuff the mixture into the tomatoes. Place the tomatoes in a baking dish. Dust with salt and drizzle with olive oil. Bake for 20 to 25 minutes or until tender.