

Souper Season of Comfort, Winter 2001

Power Pantry

[Printable PDF version](#)

Tomatoes

Hello. Here's more fruit and vegetable news you can really enjoy. The processed tomato has to be one of the world's greatest success stories. Sure, they are fabulous when fresh off the vine, but boy does their flavor hold up well...dried, bottled, or canned. Using pre-packaged tomato products makes it easy to make homemade meals, even when you don't have much time to spend in the kitchen. Some of them are pre-seasoned for your favorite Italian or Mexican style dish like this rice. Try making your own marinara sauce, salsa, or even tomato soup with canned tomatoes. Remember, just a ½ cup of canned tomatoes equals one vegetable serving. No matter which one you use, they're all-powerful fighters against cancer. Mmm... Look at this chicken smothered with tomatoes. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Tomato Recipe Tips:

1. Add ¼ cup sundried tomatoes to scrambled eggs.
2. Add a can of tomato sauce to sautéed onions and garlic for a quick homemade marinara sauce.
3. Cook lean chicken breasts in a can of stewed tomatoes.