



## Fresh Ideas for Using Your Produce: Sun Gold Tomatoes

**STORING:** Store unwashed tomatoes at room temperature up to 3 days depending on ripeness. Never refrigerate tomatoes before cutting as the cold temperature makes them lose flavor and become mealy in texture. Unripe tomatoes can be ripened by placing them in a paper bag. Do not place them in the sun to ripen. Refrigerate cut tomatoes in plastic wrap for 2 days.

**PREPARATION:** Wash tomatoes under cold water just before using.

**NUTRITION:** Good source of vitamins A and C; low in sodium and excellent source of potassium

### **QUICK IDEAS:**

- Keep a bowl of sweet cherry tomatoes on the table for a quick and delicious healthy snack.
- Toss into salads or with other summer vegetables. Serve raw or cook quickly over high heat in a little olive oil until just softened and warm.
- Thread onto to skewers with other veggies and grill until charred and soft.

### **CHERRY TOMATO AND GREEN BEAN SALAD**

- 1 pound green beans, ends trimmed, cut in half
- 1 pint cherry tomatoes, cut in half
- 1/3 cup chopped red onion
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup extra-virgin olive oil

Steam beans 5 to 7 minutes or until crisp-tender. Run under cold water; drain well. Place in large bowl; add tomatoes and onion.

Whisk lemon juice, mustard, garlic, salt and pepper in small bowl. Gradually whisk in oil. Pour over vegetables; toss to coat. Season with salt and pepper to taste, if desired.

Makes 4 to 6 servings (about 4-1/2 cups)



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### **VEGGIE KABOBS WITH CREAMY HERB DIP**

- 24 cherry tomatoes
- 12 sugar snap peas
- 12 (1-inch) pieces cucumber
- 1 container (7 ounces) low-fat (2%) Greek-style yogurt
- 2 tablespoons minced fresh herbs (such as basil, parsley, dill, cilantro)
- 1 tablespoon minced green onion
- 2 teaspoons lemon juice
- 1/8 teaspoon salt

Thread 2 cherry tomatoes, 1 pea pod and 1 cucumber piece onto each of twelve 6-inch bamboo skewers.

Combine yogurt, herbs, green onion, lemon juice and salt in small bowl. Serve as dip with skewered vegetables.

Makes 12 kabobs (4 servings)