

TOMATOES



TRY THIS

- Add sliced tomatoes to grilled cheese sandwiches or on toast with smashed avocado.
- Add diced tomatoes to any egg dishes.
- Make Pico de Gallo with diced fresh tomatoes, onions, and $\frac{1}{2}$ jalapeño mixed with a dash of cumin, salt and a little lime juice.

BUYING AND STORING

- Select tomatoes that are firm and give slightly to gentle pressure.
- Store fresh tomatoes at room temperature, stem side down, out of direct sunlight.
- To speed ripening, place tomatoes in a brown paper bag at room temperature.
- Wash all fresh fruits and vegetables before using. Wash tomatoes in cold water.

TOMATO AND HUMMUS PASTA

Time: 45–50 minutes | Makes: 8 servings | Serving Size: 1 cup

Nutrition Information Per Serving: Calories 195, Carbohydrate 36g, Dietary Fiber 6g, Protein 8g, Total Fat 5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 109mg

INGREDIENTS

One 8-ounce container roasted garlic hummus

2 pints cherry tomatoes

One 12-ounce box whole-grain pasta (e.g., rotini or penne)

1 cup of pasta cooking water, reserved
Parmesan or feta cheese, chopped
olives (optional toppings)

INSTRUCTIONS

1. Heat oven to 350 F.
2. Place tomatoes in a 9-by-13-inch baking dish, leaving space for hummus in the center. Spoon hummus into baking dish. Bake for 25 minutes or until tomatoes caramelize.
3. While tomatoes and hummus are baking, cook pasta according to package directions. Drain pasta into colander set in a large bowl. Reserve 1 cup of pasta water for sauce. Set pasta aside in colander.
4. When tomatoes and hummus are done baking, remove from oven and carefully combine the tomatoes and hummus. Add pasta water $\frac{1}{4}$ cup at a time until the sauce is smooth and velvety. Discard remaining water.
5. Add pasta to the baking dish and gently mix to combine. Serve immediately.
6. Garnish with optional toppings, if desired.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Garnish with fresh chopped cherry tomatoes and shredded fresh basil.
- Add sautéed zucchini and summer squash during Step 5.
- Add baby spinach during Step 4.