



# Kentucky Tomatoes

**Season:** July through October.

**Nutrition Facts:** Tomatoes are rich in nutrients that promote good health, including fiber, carotenoids, and vitamins, especially vitamins C and A.

**Selection:** Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to 4 medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2½ cups of chopped tomatoes or 3 cups of wedges or sliced tomatoes.

**Storage:** Store ripe tomatoes at room temperature and use them within three days. Keep them out of direct sunlight. Place green tomatoes in a paper bag to ripen them.

**Preparation:** Wash fresh tomatoes in cool running water.

**To peel:** Place tomatoes in boiling water for about 30 seconds, then transfer them to cold water. Skins will slip off.

**To seed:** Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

**To slice:** Slice lengthwise to retain the juice. A serrated knife works best.

**To broil:** Cut tomatoes in half crosswise. Dot them with margarine and sprinkle with an herb mixture. Broil tomatoes until they are tender and topping is lightly browned.

**To bake:** Cut tomatoes in half crosswise. Dot them with margarine and season as desired. Bake at 425°F for 10 to 15 minutes.

**To stuff:** Cut off stem end and scoop out seeds and pulp. Sprinkle the cavity lightly with salt and turn it upside down on a paper towel to drain. Stuff the tomato with your favorite salad of seafood, meat, or pasta.

**To microwave:** Cut tomato in half crosswise. Dot it with margarine and season as desired. Microwave on high 3 to 4 minutes for four halves.

## Fresh Tomato Sauce

5 large ripe tomatoes, peeled

½ cup fresh basil, finely chopped

3 tablespoons extra-virgin olive oil

2 cloves garlic, finely minced

Salt and black pepper, to taste

Finely dice and seed the tomatoes. Stir in basil, olive oil, garlic, and seasoning. Allow mixture to marinate for 30 minutes. Serve at room temperature over 1 pound of cooked pasta. For added flavor, sprinkle each portion with 1 to 2 teaspoons of balsamic vinegar.

**Yield:** 6 servings.

*Nutritional Analysis: 88 calories, 1 g protein, 6 g carbohydrate, 1 g fiber, 7 g fat, 204 mg sodium.*

Prepared by Pam Sigler. Adapted from Vegetables for Wellness: Kentucky Tomatoes (FSHE-10), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Extension Specialist.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.