

# TOMATOES

## Nutrition and Health

Tomatoes are a good source of lycopene, a powerful antioxidant that has been linked to a reduced risk of heart disease and certain types of cancer. They also contain vitamins A, C, and K, as well as potassium and fiber. <sup>2</sup>

## Selection

When selecting tomatoes, look for ones that are firm, smooth, and free of blemishes. The color should be a deep red, and the stem should be green. Avoid tomatoes that are soft, wrinkled, or have yellowing at the stem.

## Storage

Tomatoes should be stored at room temperature. Do not refrigerate them, as this can affect their texture and flavor. <sup>0</sup>

## Preparation

Tomatoes can be eaten raw or cooked. They are often used in salads, soups, and sauces. To prepare, wash the tomatoes thoroughly and remove the stem.

For a tomato-based sauce, simmer tomatoes in a pot with olive oil, salt, and pepper for 30 minutes. <sup>01</sup> ( ) <sup>0</sup>

