



Tomato Basil Bruschetta

3 plum tomatoes, chopped	1 tablespoon minced fresh basil or 1 teaspoon dried basil
½ cup thinly sliced and coarsely chopped onion	½ teaspoon dried oregano
2 cloves garlic, minced	¼ teaspoon salt
1 tablespoon red wine vinegar	½ teaspoon ground pepper
6 tablespoons olive oil	1 pound loaf, whole wheat French bread, cut into ½ inch slices

- 1. Combine** tomatoes, onions, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt and pepper; set aside.
- 2. Preheat** broiler of oven.
- 3. Lightly brush** both sides of bread slices with remaining olive oil and
- arrange on ungreased baking sheet.
- 4. Place** three to four inches from the broiler and heat slices for two to three minutes on each side or until golden brown.
- 5. Top** each slice with tomato mixture, using a
- slotted spoon and serve.

Yield: 16, ½ inch slices
Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 250 mg sodium, 19 g carbohydrate, 3 g fiber, 0 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Tomatoes

SEASON: July through October

NUTRITION FACTS: Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium, and is a good source of potassium.

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 four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 ½ cups of chopped tomatoes.

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

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash fresh tomatoes in cool running water.

To peel: Place tomatoes in boiling water for about 30 seconds, then transfer 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 juice. A serrated knife works best.

TOMATOES

Kentucky Proud Project

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