Tomato Corn Pesto Pizza

Preheat oven to 450 degrees F. Slice tomatoes into ¼ inch slices; place tomato slices on paper towels; sprinkle with onion powder and pepper; let stand 20 minutes. Spread pizza crust with pesto. Stir together corn kernels, Parmesan cheese and honey. Top pizza with corn mixture, tomato slices and mozzarella cheese. Place pizza directly on middle oven rack; bake approximately 12-14 minutes or until cheese is melted and golden. Remove from oven and top with fresh basil leaves, if desired. Cut into 8 slices.

Yield: 8 servings, 1 slice each
Nutritional Analysis: 290 calories, 13 g fat, 4.5 g saturated fat, 15 mg cholesterol, 590 mg sodium, 29 g carbohydrate, 2 g fiber, 3 g sugar, 14 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand. http://plateitup.ca.uky.edu

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 2½ 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