



Tomato Corn Pesto Pizza

3 plum or Roma tomatoes	wheat or regular	1 teaspoon honey
¼ teaspoon onion powder	packaged pre-baked	4 ounces shredded mozzarella cheese
¼ teaspoon freshly ground or seasoned pepper	pizza crust, thin crust	3 tablespoons fresh whole or torn basil leaves, (optional)
½ cup basil pesto	⅔ cup fresh corn kernels	
1 (14-16 ounce) whole	½ cup grated Parmesan cheese	

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

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.

KENTUCKY TOMATOES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students

June 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.ag/fcs

COOPERATIVE
EXTENSION
SERVICE

