

# TOMATO

GROWN IN MINNESOTA



## Nutrition Facts

Serving Size 1/2 cup (90g)

Calories	16	% Daily Value
Total Fat	0g	0%
Sodium	5mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Protein	1g	

## Health Benefits

- High in the antioxidants (lycopene, lutein, beta carotene) which may help protect against heart disease and cancer.
- Aid in heart health by lowering LDL and total cholesterol, and triglycerides.

## DIFFERENT USES

- Enjoy fresh tomatoes raw in salsa, salads or sandwiches.
- Cooking methods include; baked, broiled, roasted, boiled, or stewed.
- Add cooked tomatoes to sauces and hot dishes.
- Top your pizza with sliced fresh tomatoes.
- Try microwaving by taking out the stem, cutting in half, and microwaving high for 3-4 min for 4 halves.

## FUN FACT

- Bushel Boy tomatoes are locally grown in Minnesota and are available year-round.
- Cooking tomatoes increases the levels of the antioxidant lycopene, so foods such as marinara sauce is one of the best food sources.
- About 96% of the tomatoes produced in the U.S. are grown and processed in California.
- Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.