



Canned Tomatoes

Tomatoes are an excellent source of vitamin A and a good source for vitamin C. Canned tomatoes are very versatile and can be used in a variety of dishes. Eating a diet rich in vegetables may help protect against certain cancers.

Nutrition Information

Tomatoes are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, $\frac{1}{2}$ cup of tomatoes provides $\frac{1}{2}$ cup of vegetables from the vegetable group.

A typical person should try to eat $2\frac{1}{2}$ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

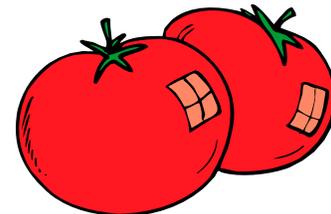
Store opened canned tomatoes in a tightly covered plastic container in the refrigerator.

Use within 2 to 4 days!

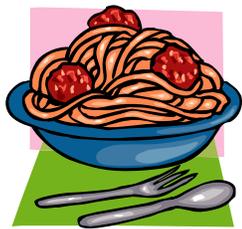
Do not use canned tomatoes if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Use in soups, stews, rice, or main dishes.
- ✓ Add flavor to tomatoes by using herbs like oregano, basil, sage or parsley.
- ✓ Combine tomatoes with canned green beans for a healthy side dish.



Know how. Know **now**.



Recipes

African Vegetarian Stew

8 servings

4 small kohlrabies or parsnips, peeled & cubed	1 (14.5 oz.) can tomatoes or 5 fresh tomatoes, chopped
1 large onion, chopped	$\frac{1}{2}$ tsp. turmeric
$\frac{1}{4}$ c. raisins	$\frac{1}{2}$ tsp. ground cinnamon
2 sweet potatoes, peeled & cubed	$\frac{1}{2}$ tsp. ground ginger
2 zucchini, sliced thick	$\frac{1}{4}$ tsp. ground coriander
1 (15 oz.) can garbanzo beans	3 c. water
	2 c. cooked rice

1. In a large saucepan, combine all the ingredients, except the cooked rice.
2. Bring to a boil, then reduce heat and simmer about 30 minutes or until vegetables are tender.
3. Serve over cooked rice.

Nutrition Information per Serving: Calories 320, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 370 mg (15% DV), Total Carbohydrate 69 g (23% DV), Dietary Fiber 11 g (43% DV), Sugars 15 g, Protein 9 g, Vitamin A 160%, Vitamin C 70%, Calcium 10%, Iron 20%.

Tomato and Basil Pasta

4 servings

1 (14.5 oz.) can tomatoes or 2 c. tomatoes, chopped	$\frac{1}{2}$ tsp. salt (optional)
1 tsp. dried basil	6 oz. angel hair pasta, uncooked
1 clove garlic, minced	Parmesan cheese, grated (optional)
$\frac{1}{8}$ tsp. pepper	

1. In a bowl, mix tomatoes, basil, garlic, pepper, and salt.
2. Cook angel hair pasta according to package directions, omitting oil and salt.
3. Drain pasta and add tomato mixture.
4. Serve immediately. Top with Parmesan cheese, if desired.

Nutrition Information per Serving: Calories 190, Total Fat 1.5 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 43 g (14% DV), Dietary Fiber 1 g (6% DV), Sugars 6 g, Protein 4 g, Vitamin A 4%, Vitamin C 15%, Calcium 6%, Iron 10%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.