

Recipes

Grilled Tomatoes

Makes 4 servings.

Ingredients

2 ripe tomatoes
Oregano, fresh or dried to taste
Lemon pepper, to taste

Slice tomatoes in half, lengthwise. Prepare coals. Cover grill grid with foil. Place tomatoes on foil and sprinkle with oregano and lemon pepper. Grill tomatoes with cut side down, over hot coals for about 4-5 minutes.

Nutritional Analysis Per Serving: Calories 20, Total Fat 0.4g, Saturated Fat 0g, Carbohydrates 4g, Protein 0.8g, Cholesterol 0mg, Fiber 1g, Sodium 26mg, Carbohydrates 71 %, Protein 14 %, Fat 15 %.



Tomatoes Stuffed with Snow Peas

Makes 4 servings.

Ingredients

4 ripe tomatoes
3/4 pounds snow peas
1 tsp. salt
1 tsp. pepper

Cut tops from tomatoes. Using a curved grapefruit knife, hollow centers. Stand tomatoes down to drain. In a covered steamer basket over boiling water, steam snow peas for 1-2 or until crisp and tender. Drain. Arrange vertically in tomato shells.

Nutritional analysis per serving: Calories 34, Total Fat 0.5g, Saturated Fat 0g, Carbohydrate 1g, Protein 1g, Cholesterol 0mg, Fiber 1g, Sodium 14mg, Carbohydrates 74 %, Protein 14 %.

Gazpacho

Makes 6 servings.

Ingredients

6 large tomatoes
1 large cucumber, peeled, seeded and finely diced
1 large green bell pepper, finely chopped
1 medium-sized red onion, minced
3 Tbsp. red wine vinegar
2 Tbsp. olive oil
Juice of 1/2 lemon
2 to 3 Tbsp. fresh parsley, chopped (to taste)
2 Tbsp. fresh basil, chopped or 2 tsp. dried basil
Salt and fresh ground pepper to taste
Tabasco sauce to taste

To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander

rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired. This is an official 5 A Day Recipe.

Nutritional analysis per serving: Calories 99, Fat 5g, Cholesterol 0mg, Fiber 3g, Sodium :

Homemade Salsa

Makes 8 servings.

Ingredients

1 cup finely chopped, peeled tomato
 1/2 cup tomato sauce
 1/4 cup yellow or red onion
 1/4 cup finely chopped green pepper
 2 Tbsp. vinegar
 2 cloves garlic, minced
 1–3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
 1/2 cup fresh cilantro, chopped, optional

Mix all ingredients in a glass bowl. Refrigerate until ready to serve.

Nutritional analysis per serving: Calories 14, Total Fat 0.12g, Saturated Fat 0g, Carbohydrate 3.3g, Protein 0.5g, Cholesterol 0mg, Fiber 0.7g, Sodium 95mg, Carbohydrates 80 %, Protein 13 %, Fat 7 %.

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