

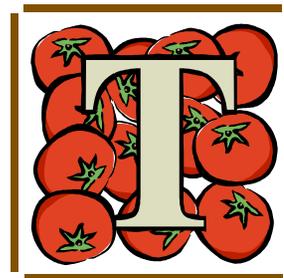


Bringing the University to YOU



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The Tomato



HEALTH BENEFIT: High in Vitamins A and C.

SELECTION / STORAGE: Choose firm, ripe tomatoes without blemishes. Ripe tomatoes give slightly to gentle palm pressure and are fragrant and deeply colored. Store for up to two days, un-refrigerated and out of the sun.

PREPARATION / COOKING TIPS: Rinse well if eating raw. Before cooking, cut an X into the bottom of the tomato; dip tomato in boiling water for 20 seconds, plunge into cold water, then peel with fingers.

Tomato Serving Size:

1 medium = Calories 35

Protein 1 g Fat 0.5g Carbohydrate 7 g Dietary Fiber 1 g

Sodium 0 mg

Vitamin / Minerals:

- | | |
|--------------------|-----------------------------|
| (1) Vitamins A & C | (2) Calcium |
| (3) Folate | (4) Magnesium (5) Potassium |

Antioxidant:

- | | |
|-------------------------|----------------------|
| (1) Alpha Carotenoids | (2) Beta Carotenoids |
| (3) Lutein / Zeaxanthin | (4) Lycopene |



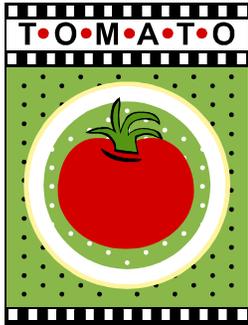
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Creamy Chilled Tomato Soup with Salsa

NOTE: The soup may also be served hot

Boiling water (enough to submerge tomatoes)
4 large, ripe tomatoes
2 tsp. olive oil
1 leek, chopped (white part only)
2 Tbsp. sugar
2 cans (14.5 ounces each) fat-free, reduced-sodium chicken broth

2 bay leaves
1 cup low-fat milk
3 Tbsp. cornstarch
4 Tbsp. prepared salsa, mild, medium, or hot according to taste



Bring large pot of water to boil. Add tomatoes and cook 30 seconds, until skin begins to peel. Drain. When cool enough to handle, remove skin and chop. In a large saucepan over medium-high heat, heat oil. Add leek and sugar and sauté 3 minutes, until soft. Add tomatoes, a broth and bay leaves and bring to boil. Reduce heat and simmer 10. Remove bay leaves. Working in batches, puree tomato mixture in blender or food processor. Return mixture to saucepan and set over medium heat. Whisk together milk and cornstarch. Add mixture to pan and simmer 2 minutes, until thickened, stirring constantly. Cover and refrigerate at least 1 hour (up to 24 hours). Ladle soup into bowls and spoon equal amounts of salsa over each serving.

“How do you fix a broken tomato?”

“Tomato paste!”

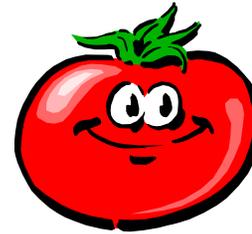


Tomato-Cucumber Salad with Parsley and Mint

4 medium ripe tomatoes, seeded and chopped
½ medium cucumber, peeled, seeded and chopped

1 Tbsp. red wine vinegar
2 tsp. olive oil
1 tsp. Dijon mustard
Salt and freshly ground black pepper to taste

1/3 cup diced red onion
2 Tbsp. fresh parsley, chopped
2 Tbsp. fresh mint, chopped



In large bowl, combine tomatoes, cucumber, red onion, parsley and mint. In small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat. Season to taste with salt and black pepper. Serve chilled or at room temperature.

Why did the tomato turn red?

Because he saw the salad dressing.



Whole-Wheat Pasta with Roasted Cherry Tomatoes and Garlic

MARINATED HERBED TOMATOES

6 tomatoes
2/3 cup salad oil
1/4 cup vinegar
1/4 cup each snipped parsley and sliced green onion with tops
1/2 tsp dried marjoram, crushed



Peel tomatoes; place in a deep bowl. In a screw-top jar combine oil, vinegar, parsley, green onion, marjoram, 1 teaspoon salt, and 1/4 teaspoon pepper. Shake well. Pour over tomatoes. Cover and refrigerate several hours or overnight, spooning herb mixture over tomatoes occasionally. At serving time, spoon herb mixture over tomatoes again. If desired, serve on lettuce-lined platter. Makes 6 servings.

TOMATO ASPIC

4 medium tomatoes
2 ribs celery, sliced
1/4 small onion
2 TBS brown sugar
2 TBS lemon juice
1/2 tsp salt
1/2 tsp celery salt
Dash bottled hot pepper sauce
2 envelopes unflavored gelatin



Peel and quarter tomatoes; place in blender container. Cover, blend till pureed. Add celery, onion, brown sugar, lemon juice, salt, celery salt, and hot pepper sauce. Cover; blend till vegetables are finely chopped.

In small saucepan soften gelatin in 3/4 cup cold water. Place over low heat and stir till gelatin is dissolved. Stir in tomato mixture, chill till partially set. Turn into 4 1/2 cup ring mold. Chill till firm. Makes 8 servings.

Olive oil cooking spray
1 pint cherry tomatoes, washed, stems removed
8 ounces whole-wheat spiral pasta or whole-wheat macaroni
2 tsp. olive oil

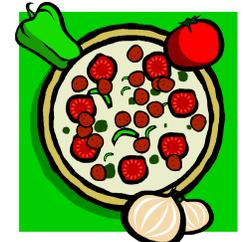
2 cloves garlic, minced
2 Tbsp. fresh basil, chopped
Salt and freshly ground black pepper to taste
2-4 Tbsp. grated Parmesan cheese



Preheat oven to 400 degrees. Spray large baking sheet with cooking spray. Cut tomatoes in half. Place tomatoes on prepared pan, cut side up. Roast 25-30 minutes, until tender and shriveled. Meanwhile, cook pasta according to package directions. Drain and cover with foil to keep warm. In large skillet, heat oil over medium heat. Add garlic and cook 2 minutes. Add pasta and cook 1 minute, to heat through. Remove from heat and stir in basil. Season to taste with salt and black pepper. Transfer pasta mixture to individual plates and top with Parmesan cheese.

FRESH TOMATO, BASIL AND CHEESE PIZZA

(12-inch) Basic Pizza Crust
tsp olive oil
1/2 cup freshly grated Parmesan cheese, divided
3 large ripe unpeeled tomatoes, cut into 1/4-inch slices (about 1 1/2 pounds)
6 cloves garlic, thinly sliced
1/4 tsp salt
1/8 tsp pepper
1/4 cup chopped fresh basil
1 chopped green pepper
1 chopped onion



Brush crust with olive oil. Sprinkle with 1/4 cup cheese, leaving a 1/2-inch border. Arrange tomato over cheese, overlapping. Top with garlic, remaining 1/4 cup cheese, salt, and pepper. Bake at 500° for 12 minutes on bottom rack of oven. Remove pizza to a cutting board; top with basil. Let stand 5 minutes before slicing. Yield 4-servings.

CANNED TOMATO JUICE



9 pounds firm, ripe tomatoes
1 TBS lemon juice
Salt (¼ tsp for each pint; ½ tsp for each quart)

Cut up tomatoes, discarding stem ends and cores. Measure about 20 cups. In covered 8- to 10-quart kettle slowly cook tomatoes till soft, about 15 minutes; stir often. Press through food mill or sieve to extract juice, measure 12 cups juice. Return juice to kettle; bring to boil. Add salt. Stir in lemon juice. Pour hot juice into hot, clean jars; leave ½-inch headspace.

Prepare lids according to manufacturer's directions. Wipe jar rim. Adjust lid. Process jars in boiling water bath 10 minutes for pints; 15 minutes for quarts (start timing when water returns to boil). Makes 6 pints.

GREEN TOMATO PICKLES

4 pounds green tomatoes
4 medium onions, sliced
1 cup chopped green pepper
8 cups white vinegar
5 cups sugar
¼ cup mustard seed
1 TBS celery seed
1 tsp ground turmeric



Core tomatoes and slice ¼ inch thick. Measure 16 cups. Combine tomatoes, onions, and green pepper; set aside. In saucepan combine remaining ingredients; bring to boil. Pack vegetables into hot, clean pint jars; leave ½-inch headspace. Pour hot liquid over vegetables; leave ½-inch headspace. Prepare lids according to manufacturer's directions. Wipe jar rim. Adjust lid. Process jars in boiling water bath 15 minutes (start timing when water returns to boil). Makes 8 pints.

HUEVOS RANCHEROS

¼ cup cooking oil
6 frozen tortillas, thawed
½ cup chopped onion
1 small clove garlic, minced
2 TBS cooking oil
3 large tomatoes, peeled and finely chopped
2 canned green chili peppers, drained, seeded, and chopped (¼ cup)
¼ tsp salt
6 eggs
1 cup shredded Monterey Jack cheese (4 ounces)



Heat the ¼ cup oil in a small skillet. Dip tortillas in oil for a few seconds till softened but not brown. Keep warm. In medium skillet cook onion and garlic in the 2 TBS oil till onion is tender but not brown. Add tomatoes, chili peppers, and salt. Simmer 10 minutes.

Carefully break eggs, one at a time, into a small bowl. Slide each egg into tomato mixture, taking care not to break yolk. Season with salt and pepper. Cover skillet and cook eggs till desired doneness. Place an egg with some of the tomato mixture on each tortilla. Sprinkle shredded Monterey Jack cheese atop eggs. Makes 6 servings.

VERA CRUZ TOMATOES

3 slices bacon
¼ cup chopped onion
½ pound spinach, snipped
½ cup dairy sour cream
Dash bottled hot pepper sauce
4 Medium tomatoes
½ cup shredded mozzarella cheese (2 oz)



Cook bacon till crisp. Drain; reserve 2 TBS drippings. Crumble bacon; set aside. Cook onion in drippings; stir in fresh spinach. Cover; cook till tender, 3 to 5 minutes. Remove from heat; stir in sour cream, pepper sauce, and bacon. Cut tops off tomatoes. Remove centers, leaving shells; drain. Sprinkle shells with salt; fill with spinach mixture. Bake in 8x8x2-inch baking pan at 375° for 20 to 25 minutes. Top with cheese, heat till cheese melts. *Makes 4 servings.*

HERBED FRESH TOMATO SOUP

- 2 TBS butter
- 2 TBS olive oil or cooking oil
- 2 medium onions, thinly sliced
- 2 pound tomatoes, peeled and quartered
(6 medium)
- 1 6-ounce can tomato paste
- 2 TBS snipped fresh basil or 2 tsp.
dried basil crushed
- 4 tsp snipped fresh thyme or 1 tsp
dried thyme, crushed
- 1 TBS instant chicken bouillon granules
- 3 cups water
- 1 tsp salt
- 1/8 tsp pepper



In large saucepan heat butter and oil till butter melts. Add onions; cook till tender but not brown. Stir in tomatoes, tomato paste, basil, thyme, and bouillon granules; mash tomatoes slightly. Stir in water, bring to boiling. Reduce heat, cover and simmer for 40 minutes. Press through food mill. (*Or*, place a small amount at a time in blender; cover and blend till pureed. Repeat with remaining mixture.) Strain mixture. Return to saucepan; stir in salt and pepper. Heat through. Pour into soup tureen or ladle into individual soup bowls. Garnish with celery tops, if desired. Makes 8 servings.

SCALLOPED TOMATOES

- 2 pounds tomatoes, peeled and cut up (6 medium), *or* 1 28-ounce can
tomatoes, cut up
- 1 cup sliced celery
- 1/2 cup chopped onion
- 1 TBS all-purpose flour
- 1 TBS sugar
- 1/2 tsp salt
- 1/2 tsp dried marjoram, crushed
- Dash pepper
- 1/4 cup water
- 1 TBS butter
- 4 slices bread, toasted
- 2 TBS grated Parmesan cheese

In saucepan, combine fresh or canned tomatoes, celery, and onion. Cover and bring to boiling; reduce heat. Simmer, covered, till celery is tender, about 10 minutes. Combine flour, sugar, salt, marjoram, and pepper. Blend in water; stir into tomatoes. Cook, stirring constantly, till thickened and bubbly. Stir in butter till melted.

Cut 3 slices toast into cubes; stir into tomato mixture. Pour into a 1 1/2 quart casserole or a 10x6x2-inch baking dish. Bake at 350° for 30 minutes. Cut the remaining slice of toast into 4 triangles. Arrange triangles down center of tomato mixture, overlapping slightly. Sprinkle with Parmesan cheese. Bake 20 minutes longer. Serve scalloped tomatoes in sauce dishes. Makes 6 servings.