

Tomato

When ripe, the skin and flesh of most tomatoes are red or reddish-orange. They are usually round or oval shaped. Tomatoes range in size from 1 to 6 inches. Small seeds on the inside can be eaten.

Tomatoes are vegetables which grow on plants.

The tomato originated in the Andes Mountains in South America.

Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl". Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

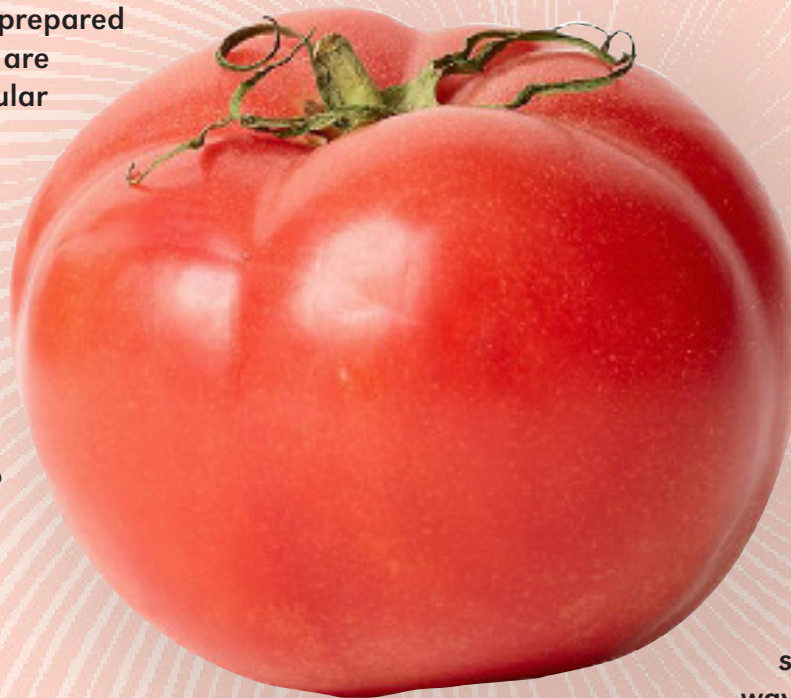
Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low Sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are thousands of tomato varieties. The most widely available varieties are classified into three groups: cherry, plum and slicing tomatoes.



USES

Tomatoes can be eaten raw or cooked (baked, stewed, grilled or stir-fried). They are wonderful to eat alone. Add to salads and sandwiches. Other popular ways to enjoy tomatoes are in soups, salsas and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza. Ketchup is made from tomatoes.

Many tomatoes are grown in Nebraska.



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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.