



So, What Do I Do With All These Tomatoes?

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Ahhh, summer!! It's such a beautiful time of year. All the fresh produce comes out of the fields at a rapid pace giving us an abundance of deliciousness and beautiful colors to thrill our bodies and souls.

Tomatoes are plentiful in the summer and at my most recent trip to the Farmer's Market, I was totally inspired by the varieties and colors of cherry tomatoes. Every color of the rainbow was represented in these sweet, beautiful orbs.

I bought some of each color and got to work figuring out what to do with them other than pop them straight into my mouth (which is ok, too). I found a yummy Roasted Tomato recipe and adapted it for cherry tomatoes. Find the original version here if you have lots of large tomatoes that want to roast.

<http://www.davidlebovitz.com/2012/05/oven-roasted-tomatoes-tomato-recipe/>

Are Tomatoes Good for You?

From a nutrition perspective, tomatoes are a good source of vitamin C, vitamin A and potassium plus they contain a powerful phytonutrient called **Lycopene**. Lycopene has been linked to the prevention of prostate, lung and stomach cancers and also shown to be good for bone health. Cooking tomatoes breaks down the cell walls of the tomatoes making the lycopene more available for absorption by your body. So eating tomatoes raw or cooked offers you great nutritional benefits.

Another Reason to Roast Tomatoes

If you grow tomatoes, you know tomato plants produce lots of tomatoes all at once. It can be difficult to eat them up before they become overripe or spoil. So roasting provides a way to store them for later use. You can keep these roasted tomatoes in the fridge for up to 4 days or freeze them for six months.