



Tomato Recipes

Tomatoes are a great combination of acidity and sweetness, giving dishes a nice tangy flavor. Smaller tomatoes, like cherry or grape, hold more of a sweet flavor, as larger tomatoes tend to be more acidic. Tomatoes are very diverse and can be eaten raw as a snack, put into a salad, sauteed, roasted, combined with other vegetables into a salsa, or even diced or blended for a tomato sauce.

Tomato Sauce

- 12-15 fresh tomatoes
- 4 cloves garlic
- 4-6 tablespoons fresh basil or 1-2 tbsp dried basil
- 1 1/2 teaspoons black pepper
- 1 tbsp sugar (optional)
- 2 tbsp olive oil
- 1/3 cup grated Parmesan or Romano Cheese

Instructions: Heat olive oil in a 5+ quart pot over medium heat; add chopped or pressed garlic. Heat for one to two minutes, making sure not to burn garlic. Add tomatoes, black pepper, basil, and sugar. Stirring often, bring to a low boil. Reduce heat to low and simmer for 2-3 hours, stirring often. For first half of simmer time leave pot uncovered; cover for last half. Stir in cheese and simmer for an additional 5 minutes or so.

Baked Tomatoes with Mozzarella and Parmesan

- 1/2 cup basil, fresh
- 4 tomatoes
- 1 tbsp olive oil
- 1 cup mozzarella cheese
- 1 cup parmesan cheese

Instructions: Just slice up a ripe tomato and lay the slices out on a baking tray. Next, add plenty of mozzarella and parmesan cheese to the tomato slices, and then top them off with a sprinkle of fresh basil and a bit of olive oil. They only take about 10 minutes to bake in the oven!

Quick Roasted Tomatoes

- 4 lbs of cocktail, roma, plum, or cherry tomatoes
- 2 tbsp olive whole
- 6-8 cloves fresh garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 10 sprigs of fresh herbs such as thyme, basil, parsley, or rosemary (Optional)

Instructions: Preheat oven to 400F. Line a rimmed baking sheet with aluminum foil. If using cherry or cocktail tomatoes, you can leave the tomatoes whole. For plum or romas, slice in half lengthwise. Remove the seeds by gently squeezing them out, or remove with a spoon. Lay the tomatoes, cut side up if cut in half, in a single layer on a baking sheet lined with foil. For cocktail, roma, or plum tomatoes, roast at 400F for 40-50 minutes or until the skin softens and begins to burst. For cherry tomatoes, roast 15-20 minutes. Discard the herbs and slice, chop, or add whole to salads, grains, or rice; mash and spread on tash; or add the garlic and tomatoes to a blender and blend until smooth for an easy pasta sauce.

Healthy Balsamic Tomato Salad

- Basil
- 2 pints cherry or grape tomatoes
- 3 tbsp balsamic vinegar
- 1/2 tsp black pepper
- 1 tsp salt
- 3 tbsp olive oil

Instructions: Cut all of your grape or cherry tomatoes in half and place into a large mixing bowl. Place basil in with tomato mixture. In a small mixing bowl, whisk together balsamic vinegar, olive oil, salt and pepper. Pour dressing over tomato mixture. Toss to coat. Serve at room temperature or chill for 2 hours before serving.

Simple Chunky Salsa

- 2 tbsp cilantro, fresh leaves
- 1 jalapeno pepper, fresh
- 1 small lime
- 1 onion, medium
- 4 tomatoes, medium very ripe
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp granulated sugar

Instructions: In a bowl mix together the tomatoes, jalapeno pepper, cilantro, onion, sugar, and salt and pepper. Combine well. Add the juice; cover and refrigerate for 4-5 hours before serving.

Tomato Cucumber Salad

- 2 tbsp basil, fresh leaves
- 2 cups cherry tomatoes
- 5 cucumbers
- 2 tbsp red onions
- Salt & pepper
- 3 tsp. Olive oil
- 1 tsp red wine vinegar

Instructions: Add cherry tomatoes and cucumbers to a bowl. Drizzle olive oil and vinegar on top. Season with salt and pepper. Toss everything to coat. Garnish with diced red onion and fresh basil.

Israeli Salad

- 2 cups diced tomatoes
- 2 cups diced cucumber
- 1 cup orange bell pepper, or any color
- 1/4 cup diced red onion
- 1/3 cup finely chopped flat-leaf parsley
- 2 tbsp finely chopped mint
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- Salt and pepper

Instructions: Add all of the ingredients to a mixing bowl and stir to combine. Serve immediately or refrigerate for up to 2 days.

Cucumber Salsa

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, chopped
- 1/2 cup green bell pepper, chopped
- 1 jalapeno pepper, seeded, minced
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tbsp lime juice
- 1 tsp fresh parsley, minced
- 2 tsp fresh cilantro, minced
- 1/2 tsp dried dill weed
- 1/2 tsp salt

Instructions: In a medium bowl, stir together all ingredients. Cover and refrigerate at least one hour. Serve with tortilla chips.

Tomato, Bell Pepper, Onion, Zucchini Frittata

- 1/2 cup onion
- 3/4 cup red bell pepper
- 1 tomato, medium
- 1 zucchini, small
- 10 eggs, large
- Salt & pepper
- 1 1/2 tbsp olive oil
- 1 cup fontina cheese
- 2 tbsp half and half or cream

Instructions: Preheat oven to 425F. Whisk the eggs and half and half together in a bowl until frothy. Set aside. Heat the olive oil in an oven-proof, 10-inch, nonstick skillet over medium heat. Add the onion and saute until soft and translucent, 3 to 4 minutes. Add the bell pepper and zucchini and continue cooking until the vegetables are tender, 3 to 4 minutes longer. Season to taste with salt and pepper. Add the tomato and continue cooking until slightly softened, then taste and adjust the seasoning as needed. Distribute half the cheese over top of the vegetables, then stir in the eggs. Using a rubber spatula, continue to stir and scrape the bottom of the pan until the eggs form large, wet curds, 2 to 3 minutes. Smooth the mixture so it's evenly distributed in the pan and stop stirring for about 30 seconds to allow the bottom to set. Sprinkle with the remaining cheese. Bake until the cheese has melted and the frittata is slightly puffed and golden, 5 to 7 minutes. Remove from the oven and let stand for about 5 minutes. Use the spatula to loosen the frittata around the edges and gently slide into a serving platter. Cut into wedges and serve immediately.

Eggplant, Tomato, Ground Beef Skillet

- 1 medium eggplant
- 1 tbsp olive oil
- 1/4 tsp salt
- 1 lb ground beef
- 2 cloves garlic, minced
- 2 cups of tomato coarsely chopped
- 2 tbsp soy aminos, soy sauce, or gluten free soy sauce

Instructions: Sprinkle eggplant with salt and saute in olive oil until softened. Set aside. Cook ground beef with garlic until meat is browned. Add eggplant and tomato to ground beef. Stir in soy aminos or soy sauce. Cook until liquid is reduced. Serve alone or over rice.

Turkish Eggplant Casserole with Tomatoes

- 2 eggplant, medium
- 2 garlic cloves, large
- 2 tbsp parsley, fresh
- 1/4 tsp red chili flakes
- 14.5 ounces tomatoes
- 1 yellow onion, small
- 1 dash cinnamon
- Sea salt
- Olive oil

Instructions: Preheat the oven to 350F. Lightly salt the eggplant slices and allow to stand for 20 minutes. Pat the slices dry and set aside. Heat a thin layer of olive oil in a large oven proof (cast iron is best) skillet. Pan fry the eggplant in batches over medium-high heat until golden brown on both sides, about 2 minutes per side. Add more oil as necessary between batches so the eggplant doesn't burn, but try not to have too heavy a hand- the pan just needs to be greased. Add the onion to the skillet and saute over medium heat until soft, 5 minutes. Add the garlic, chili flakes, 1/2 tsp sea salt and cinnamon. Cook for one minute more, until fragrant. Carefully pour in the tomatoes, and simmer until thickened slightly, 5 minutes. Remove from the heat and stir in half the parsley. If using ovenproof skillet, remove 3/4 of the sauce to a bowl, leaving a thin layer behind. OThwerside, add 1/4 cup of sauce to the bottom of a 8x8 or comparable casserole dish. Arrange one layer of eggplant evenly in the bottom of the skillet or dish. Slather with a layer of sauce, and repeat with the remaining eggplant and sauce- like you would a lasagna. Cover with foil and bake int he oven for 45 minutes, until the eggplant is very soft and the sauce has reduced. Allow to sit for 10 minutes before cutting into it. Garnish with the remaining parsley and serve warm or at room temperature.

Zucchini Pico de Gallo Salsa

- 2 large tomatoes, chopped
- 1 medium zucchini, finely chopped
- 1 poblano pepper, seeded and chopped
- 1/2 cup chopped onion
- 1 seeded and diced jalapeno pepper, optional
- 2 tablespoons minced fresh cilantro
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons lime juice

Instructions: Combine the first 9 ingredients. Add lime juice; toss to coat. Cover and refrigerate at least 1 hour.

Tomato Salsa without Onions

- 1 poblano pepper
- 3 cloves of garlic, peeled
- 5 ripe tomatoes
- 1 cup cilantro chopped
- 1/2 tsp ground cumin
- 1 tsp chili powder
- 2 tbsp lime juice

Instructions: Preheat the broiler. Place poblano pepper and garlic cloves on a medium baking sheet. Turning pepper frequently, broil at maximum distance from heat until browned, about 15 minutes. In a food processor, place roasted pepper, roasted garlic, tomatoes, cilantro, cumin, chili powder and lime juice. Process using pulse setting until an evenly chunky texture is obtained. Chill until serving.