

# Taste Test: Cherry Tomatoes



A cherry tomato is a miniature version of a regular tomato. Tomatoes have fleshy internal segments filled with slippery edible seeds surrounded by water. Tomatoes can be red, yellow, orange, green, or purple in colour. Despite popular belief, tomatoes are a fruit because the edible part of the plant contains the seeds. Cherry tomatoes are a summer fruit and grow in the United States, Russia, Italy, Spain, and China.

## Food Fact

Cherry tomatoes are very high in **lycopene**: an antioxidant that can help prevent certain types of cancer. They are also a source of vitamin C, K and folate.

### How to Choose:

- Pick cherry tomatoes that are smooth and well-formed.
- Cherry tomatoes should be firm and uniform in colour.

### How to Prepare:

- Run tomatoes under cold water to wash, and enjoy!

### How to Store:

- Keep tomatoes unwashed and uncovered at room temperature out of direct sunlight for up to one week.
- Do not refrigerate unless very ripe.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):

Would you like to try cherry tomatoes again?

YES     NO

## Ideas for Serving Cherry Tomatoes:

- Cherry tomatoes are a great addition to any salad and soup.
- Add sliced cherry tomatoes to sandwiches or wraps.
- Enjoy a classic Italian salad with cherry tomatoes, fresh basil, and mozzarella cheese drizzled with olive oil.

### Slow-Roasted Cherry Tomatoes Bruschetta

Makes 7 servings

#### Ingredients:

- 3 pints cherry tomatoes
- 1 Tbsp extra-virgin olive oil
- 3 cloves minced garlic
- ½ tsp salt
- ½ tsp freshly ground pepper
- ¼ cup fresh sliced basil
- 1 Tbsp red wine vinegar
- 14 sliced baguette, preferably whole wheat, toasted

#### Directions:

1. Preheat the oven to 325°F. Toss tomatoes with oil, garlic, salt, and pepper. Place on a baking sheet and roast until broken down, 45 to 55 minutes.
2. Combine the roasted tomatoes with basil and vinegar.
3. Top baguette slices with the roasted tomato mixture. Garnish with kalamata olives or fresh basil.

Recipe adapted from

<https://www.eatingwell.com/recipe/249352/slow-roasted-cherry-tomato-bruschetta/>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eatracker.ca/recipe\\_analyzer.aspx](http://www.eatracker.ca/recipe_analyzer.aspx). Accessed July 20, 2012.

