

# Taste Test: Grape Tomatoes



Grape tomatoes are a much smaller version of a tomato and have an oblong shape. They can be red, yellow, orange, green, or purple in colour. Inside, they are juicy and filled with edible seeds. Their taste is sweeter and more concentrated than regular tomatoes. It is a common belief that grape tomatoes are a vegetable, but they are actually a fruit. Grape tomatoes are typically a summer fruit and grow in the United States, Russia, Italy, Spain, and China.

## Food Fact

Grape tomatoes are very high in *lycopene*, a specific type of *phytochemical* that acts as a powerful antioxidant.

## How to Choose:

- Pick grape tomatoes that are a deep colour. Avoid pale-coloured ones.
- Pick grape tomatoes that are firm and have a smooth skin.

## How to Prepare:

- Remove grape tomatoes from the container, run under cold water, and enjoy!

## How to Store:

- Store grape tomatoes at room temperature and away from sunlight.

## 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 grape tomatoes again?

YES     NO

## Ideas for Serving Grape Tomatoes:

- Add to a salad or soup.
- Add sliced grape tomatoes to sandwiches or wraps.
- Enjoy a classic Italian salad with sliced onion, grape tomatoes, mozzarella cheese, and drizzled with olive oil.

### Easy Garden Tomato Sauce

Makes 5 servings

#### Ingredients:

- 1 Tbsp olive oil
- 6 cloves garlic, chopped
- 1 ½ lbs grape tomatoes, cut in half
- Salt and fresh pepper
- 2 Tbsp fresh chopped oregon, or fresh basil
- ⅛ tsp crushed red pepper flakes



#### Directions:

1. In a large non-stick pan, heat oil on high heat.
2. Add garlic and cook until golden.
3. Add tomatoes, salt, crushed red pepper flakes, and fresh black pepper, and reduce heat to low.
4. Simmer, covered for 15 minutes.
5. Add fresh oregon and cook for another 15 minutes.

Serve with whole wheat pasta or on top of toast with eggs for a delicious breakfast. Can also be tossed into a salad or used as a filling for a sandwich/stuffed pita.

Recipe adapted from <https://www.skinnytaste.com/easy-garden-tomato-sauce/#recipe>

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).