

SUMMER TOMATO SALAD

from: Celebrate the Rain

For the Salad:

1½ pints (about 12 ounces) teardrop, cherry, currant, and/or grape tomatoes, stemmed and halved

2 large, firm, ripe tomatoes

Basil leaves for garnish

For the Feta Vinaigrette:

2 tablespoons red wine vinegar

1 tablespoon minced shallot

1 teaspoon minced garlic

Salt and freshly ground black pepper

¼ cup extra virgin olive oil

1 cup crumbled feta cheese

1 tablespoon chopped fresh oregano

2 teaspoons chopped fresh basil

For the vinaigrette, whisk together the vinegar, shallot, and garlic with a good pinch each of salt and pepper in a small bowl in a small bowl and set aside for 30 minutes to allow the shallot to “pickle” slightly. Slowly drizzle in the olive oil, whisking constantly, until the mixture is emulsified (slightly thickened). Stir in the feta cheese, oregano, and basil and taste for seasoning, adding more salt or pepper if needed. Toss two-thirds of the dressing with the halved tomatoes in a medium bowl.

Slice the remaining tomatoes into ¼ inch-thick slices and arrange the slices, overlapping, on individual plates. Drizzle with the remaining dressing and top with the halved tomatoes. Garnish with basil leaves and serve.

cooking with:

TOMATO





What did one tomato say to the other?
...You go on ahead and I'll ketchup!

Tomato fun facts:

- if you prefer peeled tomatoes, plunge them for 1 minute in boiling water, rinse under cold water, and slide off the loosened skin
- 1 medium tomato = $\frac{3}{4}$ cup, diced = $4\frac{1}{2}$ ounces
- tomatoes are rich in vitamins A and C, calcium, potassium, and are cholesterol free. an average tomato is 35 calories.
- some studies show that lycopene (what makes tomatoes red) may prevent cancer
- lycopene is also good for your eyes, and inhibits heart disease

info retrieved from: moosewood cookbook, didyouknow.org

TOMATO AND BASIL FINGER SANDWICHES

from: eatingwell.com

- 4 slices whole-wheat bread, or use a baguette
- 8 teaspoons reduced-fat mayonnaise (or cream cheese) divided
- 4 thick slices tomato
- 4 teaspoons sliced fresh basil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon freshly ground pepper

Cut bread into rounds slightly larger around than tomato slices. Spread each with 2 teaspoons of mayo. Top with tomato slice, basil, salt & pepper.

BROILED ROMAS

from: How to Cook for Crohn's and Colitis

- $\frac{1}{4}$ cup plain bread crumbs
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{2}$ teaspoon minced garlic (about 1 medium clove)
- $\frac{1}{4}$ teaspoon italian seasoning
- $\frac{1}{8}$ teaspoon black pepper
- 6 Roma tomatoes, halved lengthwise and seeds removed
- 1 tablespoon olive oil

Set oven to broil. in a small bowl combine bread crumbs, parmesan cheese, garlic, italian seasoning, and pepper and mix well.

Coat broiler pan with vegetable spray and arrange tomatoes cut side up on pan. Spoon about 2 teaspoons of the bread crumb mixture onto each roma half. Drizzle with olive oil. Broil 3-5 minutes, until golden.

BOUNTIFUL BAKED TOMATOES

from: Celebrate the Rain

- 4 firm medium tomatoes (about 1 1/3 pounds total)
- 1 3/4 teaspoons salt, divided
- 3 tablespoons olive oil, divided
- 1/2 cup finely chopped zucchini
- 1/3 cup finely chopped onion
- 1/3 cup finely chopped eggplant
- 2 tablespoons finely chopped green bell pepper
- 1/4 teaspoon sugar
- 1/2 teaspoon minced garlic
- 1 tablespoon fresh bread crumbs
- 3 tablespoons minced fresh parsley, divided
- 2 tablespoons minced fresh basil
- 1 teaspoon red wine vinegar
- Freshly ground black pepper

- Preheat the oven to 350 degrees. Lightly oil a baking dish just large enough to hold the tomatoes. Slice the top quarter from the stem end of each tomato. Trim and finely chop the tops; set aside. Scoop out the insides of the tomatoes and sprinkle the interior of each tomato shell with 1/4 teaspoon of the salt. Set the tomatoes upside down on a few layers of paper towel to drain while preparing the stuffing.

- Heat 2 tablespoons of the oil in a medium skillet over medium heat. Add the zucchini, onion, eggplant, green pepper, sugar, and reserved chopped tomato tops and cook until tender, about 5 minutes, stirring occasionally. Stir in the garlic and cook for 1 minutes longer. Transfer to a medium bowl.

- Wipe out the skillet and add the remaining tablespoon of oil. Add the bread crumbs and saute over medium heat until golden brown, about 2 minutes. Add the toasted bread crumbs to the vegetables and toss to mix. Stir in 2 tablespoons of the parsley, basil, and vinegar with salt and pepper to taste.

- Use a paper towel to soak up any liquid remaining in the tomato shells and fill them with the vegetable mixture. Bake until the tomatoes are tender and the stuffing is heated through, but the tomatoes are still firm enough to hold their shape, about 25 to 30 minutes. Take the tomatoes from the oven and sprinkle them with the remaining 1 tablespoon parsley to garnish. Serve right away, at room temperature or slightly chilled.

Makes 4 servings

FRESH TOMATO SALSA

from: How to Cook for Crohn's and Colitis

- 6 medium Roma tomatoes, diced
- 1 4-oz. can diced green chiles, drained
- 1 cup diced onion (about 1 medium onion)
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 teaspoon lime zest (grated rind)
- 1/2 teaspoon salt
- 1/4 teaspoon cumin

Combine all ingredients in a medium-sized bowl and stir well to combine. Cover and chill at least 2 hours before serving.



HERBED CHEVRE AND TOMATO PIZZA

from: Moosewood Restaurant Cooks at Home

Pizza crust of your choice
8 ounces chevre
1½ cups ricotta cheese
2 tablespoons chopped fresh basil or tarragon, or a combination (2 teaspoons dried)
2 tablespoons chopped fresh parsley
2-3 garlic cloves, minced or pressed
½ cup chopped black olives (optional)
2 tomatoes, thinly sliced
freshly ground black pepper to taste

Preheat the oven according to the directions for the pizza crust you are using, if necessary.

In a large bowl, combine the chevre, ricotta, basil, and/ or tarragon, parsley, garlic, and optional olives.

Spread the herbed cheese topping on the pizza crust and top with the sliced tomatoes and black pepper. Bake following the instructions given for the crust you are using.

ROASTED TOMATO BASIL PESTO

from: Farmer John's Cookbook

2 pre-roasted tomatoes, or 1 large fresh tomato
2-3 gloves garlic, peeled, halved
3 tablespoons pine nuts
2 tablespoons extra virgin olive oil
1 cup fresh whole basil leaves
½ cup freshly grated parmesan cheese
2 tablespoons butter, softened
salt
freshly ground black pepper

Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined.

Stir in the parmesan cheese and butter and season with salt and pepper to taste.