

Fun Food Feature of the Week!

Tomatoes

- Tomatoes have been grown as a food since the 16th century.
- The Italian name for tomato is *pomodoro* meaning "apple of love" or "golden apple" since the yellow variety of tomatoes were the first available in Europe.
- Tomatoes did not make it to North America until the 1700s and they were only grown in home gardens.
- When choosing tomatoes, rely on smell rather than color. It is best to allow tomatoes to ripen on the vine.
- NEVER refrigerate fresh tomatoes. A refrigerated tomato loses its flavor and makes the flesh very pulpy.
- When cooking tomatoes, to enhance flavor, add a pinch of sugar.
- Bake whole, stuffed, tomatoes in a muffin pan to prevent them from collapsing. <http://whatscookingamerica.net/tomato.htm>



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Penne Pasta with Fresh Tomatoes

Pasta

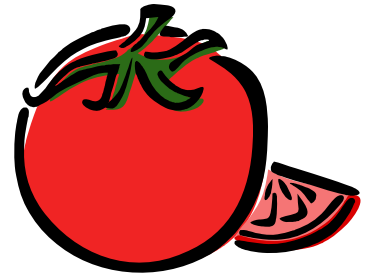
- 12 ounces uncooked penne pasta
- 1 medium red tomato (cut into wedges)
- 1 medium yellow tomato (cut into wedges)
- 1/4 cup freshly grated parmesan cheese

Lemon-Basil Vinaigrette

- 1/3 cup olive oil
- 1/4 cup fresh chopped basil leaves
- 3 Tablespoons freshly squeezed lemon juice
- 1 teaspoon chopped fresh garlic
- 1/2 teaspoon salt

Cook pasta. Whisk all ingredients for vinaigrette together. When pasta cools, toss with tomatoes and half of the vinaigrette. Cover and refrigerate. Just before serving add remaining vinaigrette and serve with parmesan cheese.

Makes 8-10 servings, 2 starch, 1 vegetable, 1 1/2 fat per serving www.bettycrocker.com



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