

Cherry Tomatoes

Benefits of cherry tomatoes:

- 🍅 High in vitamin K
- 🍅 High in vitamin C & A
- 🍅 High in potassium

When are they in season?

- 🍅 Harvested during July through October in Wisconsin.

Food Safety for cherry tomatoes

Check for existing mold.

Store cherry tomatoes in the refrigerator.

Separate cherry tomatoes from meat. Use different cutting boards for meats and fruits.

The government labeled tomatoes as a vegetable even though they are technically a fruit for economic reasons and because we eat them with dinner and not dessert.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

These easy Garlic Roasted Cherry Tomatoes are bursting with flavor! (2020, September 13). Retrieved January 14, 2021, from <https://thenovicechefblog.com/garlic-roasted-cherry-tomatoes/>

Pictures: Creative Commons

Garlic roasted cherry tomatoes serves 4.

Ingredients

- 2 (10 oz) containers cherry tomatoes, halved
- 6 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 2 teaspoons fresh cracked black pepper

Directions

1. Preheat oven to 375 degrees.
2. In a medium bowl, toss together tomatoes, garlic, olive oil, salt, and pepper.
3. Transfer to a baking sheet and spread into an even layer.
4. Bake for 20-25 minutes, or until tomatoes are soft and very fragrant.
5. Serve.



Other Ideas:

- 🍅 Add to a salad
- 🍅 Add to a pasta dish
- 🍅 Add to a pizza