

Grape Tomatoes

Benefits of grape tomatoes:

- Low in calories
- High in lycopene
- High in vitamin C

When are they in season?

- Harvested during July through October in Wisconsin.

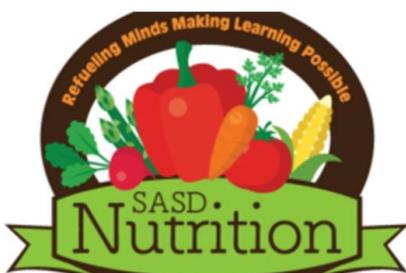
Food Safety for grape tomatoes

Check for existing mold.

Store grape tomatoes in the refrigerator.

Separate grape 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>

Roasted Grape Tomatoes and Garlic in Olive Oil Recipe. (n.d.). Retrieved January 14, 2021, from <https://www.foodandwine.com/recipes/roasted-grape-tomatoes-and-garlic-in-olive-oil>

Pictures: Creative Commons

Roasted grape tomatoes and garlic in olive oil serves 8.

Ingredients

- 2 pints grape tomatoes
- 6 garlic cloves, smashed
- ¼ teaspoon crushed red pepper
- 2/3 cup plus 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 2 teaspoons fresh cracked black pepper
- 1 sprig fresh oregano
- Eight ¾- inch slices of ciabatta

Directions

1. Preheat oven to 400 degrees.
2. On a large, rimmed baking sheet toss the tomatoes with the garlic, crushed red pepper and 1 tablespoon of olive oil and season with salt and pepper.
3. Roast the tomatoes for about 20 minutes until they burst and their skins begin to shrivel, stirring once halfway through.
4. Pour the remaining 2/3 cup of olive oil into a medium bowl.
5. Crush the rosemary and oregano between your fingers and submerge them in the oil.
6. Add the tomatoes and their juices, stir gently, and let stand for 30 minutes.
7. Reduce heat to 350 degrees.
8. Arrange the ciabatta on a baking sheet and roast for 10 minutes.
9. Spoon the tomatoes and some of the infused oil over the ciabatta, sprinkle with salt, and serve.

