

Introducing Toby the Tomato

Guess what?! Time for a new veggie that's perfect for the lunchbox!



What are the chances another veggie that is pretending to be a veggie again! Yes, like my friend Piper the Pepper, I'm actually a fruit but because we're used in lots of savoury dishes people often confuse me for a veggie.

So what do tomatoes look like? We have a glossy, thin, smooth skin with a juicy flesh inside. There are lots of different types of us – almost 7500 varieties of tomatoes grown around the world but the most common variety is plump, round and bright red.

Availability

We're available all year around but we peak during the summer months.

Did you know?

It's hard to imagine, but when Europeans first saw us, they thought we might be poisonous. We originated in South America. In fact, we're highly nutritious and sweetly delicious due to our natural sugars – sucrose and fructose.

Why are tomatoes so good to eat?

We're the richest source of lycopene, a carotenoid. Which is good for heart and effective against some cancers. Cooked tomatoes are actually better for you than raw ones, as more beneficial chemicals are released. We're also a good source of vitamin C, with cherry tomatoes having the most vitamin C. We also have a supply of vitamin E, folate and dietary fibre. The tomatoes that are deep red are also good sources beta carotene.

How are tomatoes grown?

We prefer to grow in a warm, dry climate and grow best in well-drained soils. We love the sun so if you decide to grow us plant us out in the open. We're best when we're planted into the ground as seedlings. You can either grow us from seeds (leave us on your kitchen window sill) or purchase us as seedlings. It will take up to 6 weeks from seeds before we're ready to plant in the garden, it can then take a further 3-4 months before our parent plant has flowered and we're ready to eat.

You should pick us off the plant when we're almost ripe or ripe. You'll know when we're ready when we're almost finished changing from green to red.

How to store tomatoes

Ripen us at room temperature until we are brightly coloured and slightly soft. If you refrigerate us before we are ripe this will reduce our flavour and ability to ripen fully. We can be refrigerated once ripe but should be left at room temperature for an hour before using.

Fun ways to cook and eat tomatoes

We are a very versatile food and can be used in lots of different recipes both raw and cooked.

Tomatoes are eaten in many different ways raw like or as an ingredient in many dishes, sauces, salsas, and salads.

Tomatoes are very popular in Italian cuisine. They are an important ingredient in pizza or pasta sauces.

Eat us raw after washing and removing the stem end and use in salads, juices and sandwiches.

You can also bake, stew, pan-fry, stuff, puree and serve as a vegetable in sauces, soups and pizza.

Recipe

Tomato Salsa (0 Exchanges)

Ingredients

- 4 – 6 medium tomatoes, peeled and finely chopped,
- ½ red onion, very finely chopped
- 1 small garlic clove, chopped
- Small splash white wine vinegar
- ½ lime, juice only
- ½ bunch coriander, roughly chopped

Method

- Combine all ingredients in a bowl and store in the refrigerator until ready to serve.
- Try serving on Low Protein herb crackers for a delicious snack!

Tomato pasta (0 Exchanges)

- Loprofin Penne Pasta

Sauce:

- Chopped tomatoes
- Olive oil
- Garlic
- Herbs/Pepper to taste

Toppings:

- Roasted tomato and onion – try adding your other new fav veggies too!

Best bit -

We're naturally low in protein and can make up a delicious part of your diet – so what are you waiting for give me a try.

How many times did you try it? _____.

Did you earn your star? ★

