

Beneficial Bites



Tomatoes



Health Benefits:

- ◆ Contains lycopene, which is associated with antioxidant and cancer preventing properties
- ◆ May contribute to maintenance of prostate health
- ◆ Anti-inflammatory, LDL lowering properties
- ◆ Good source of vitamin K which is important for maintenance of bone

Interesting Facts:

- ◆ Other names throughout history: “Wolf peach,” “love apple,” “golden apple”
- ◆ Originally native to the western side of South America, including the Galapagos Islands
- ◆ The largest tomato ever grown was 7 pounds, 12 ounces
- ◆ Cooked tomato products have higher amounts of lycopene than fresh tomatoes

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Check out the August menu for these “Tomato” foods



Featured Recipes:

- ◆ Royal Ranch Tomatoes
- ◆ Spaghetti w/Meat Sauce
- ◆ Escalloped Tomatoes
- ◆ Gazpacho Salad
- ◆ Baked Parmesan Tomatoes
- ◆ Zucchini Tomato Soup
- ◆ Tomato Corn Salad



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