



(Cut out cards on dotted lines)

Tomato Linguini Sauré

Yield 4 Servings

- 2 pounds ripe Florida tomatoes
- 3 garlic cloves, minced
- 1/2 bunch fresh Florida basil, hand torn (or 1 tablespoon dried)
- 1/2 cup olive oil
- 1 lemon, zested and juiced
- 1 pound whole wheat linguini (or your favorite pasta)
- Freshly grated Parmesan cheese
- Kosher salt and fresh ground pepper to taste

Preparation

Wash, rinse and dry tomatoes. Core and cut in half. Remove most of the seeds with a spoon. Chop tomatoes coarsely. Add chopped tomatoes to a colander, sprinkle with a few pinches of salt and let sit so they can release some of their water. Takes about a half-hour and can be done ahead of time.

Combine drained tomatoes, olive oil, lemon juice, lemon zest and garlic into a large sauté pan. Heat mixture over low heat. The idea is to warm the mixture, not cook it. Cook and drain pasta according to package directions. Combine pasta and tomato mixture in a bowl. Add fresh basil and parmesan. Taste and adjust seasoning with kosher salt and fresh ground pepper. Serve warm with crusty bread or chili for later.

This recipe is a great way to enjoy that fresh tomato taste. Use as a side dish or add any seafood to make it a main course. Add vegetables if desired. Remember to season the just-cooked pasta with salt and pepper.



FLORIDA Tomatoes



(Cut out cards on dotted lines)

Fresh Tomato Chop Salad

Yield 4 Servings

- 3 fresh Florida tomatoes, diced
- 1 Florida cucumber, seeded and chopped
- 1 red or sweet onion, chopped
- 1 Florida green bell pepper, chopped
- 1/2 bunch fresh Florida basil, hand torn
- 1/2 bunch fresh Florida parsley, chopped
- 2 garlic cloves, minced
- Kosher salt and fresh ground pepper to taste
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil

Preparation

In a large glass or plastic bowl, combine all ingredients and let marinate in the refrigerator for at least 20 minutes. Serve over salad greens if desired.

Try adding feta cheese and olives to this recipe.





Florida Tomatoes

Botanically the tomato is a fruit; however, they are legally considered a vegetable. They are mainly produced in South Florida, although some production takes place in North Florida. Tomatoes have two growing seasons in Florida - one from early September into early January, then late January through July. The peak months of production are December and early January as well as March, April and May.

How to buy:

The best test for a great tomato is not color but aroma. Smell the stem end, and you should smell a strong sweet-acidic fragrance. Choose tomatoes that are plump, shiny and that give slightly when pressure is applied. The perfect looking tomato does not mean it will have the best aroma and taste.

Tips for storage:

Tomatoes should be stored at cool room temperature, out of their packing and never in the refrigerator. Storing tomatoes in the refrigerator will diminish the flavor. If you purchase an unripe tomato, you can leave it in a warm place exposed to sunlight to ripen. Tomatoes can be frozen whole, as long as you peel them after thawing.

Cooking tips:

When cooking tomatoes one should remove the skin since the skin will separate from the flesh on its own during cooking and chewing on the skin itself can be a bit unpleasant. To quickly peel tomatoes, use a small sharp knife to cut a small cross shape into the base of each tomato, then drop them a few at a time into boiling water for about twenty seconds. Remove with a slotted spoon and plunge into iced water. Finally, peel the skin away starting at the cross-shaped incision. To seed tomatoes, cut them into quarters after the skin and stem have been removed. Use your fingers to nudge the seeds and the flavorful jellylike substance surrounding them out.

Flavors well with:

Garlic, capers, cumin, rosemary, basil, dill, marjoram, tarragon, sage

Nutrition info:

Serving Size: 180g (1 cup, chopped or sliced)

Calories 32 • Calories from fat 3.24g

Total Fat 0.36g • Total Carbohydrate 7.06

Protein 1.58g • Fiber 2.2g

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