

Cherry Tomatoes



Cherry tomatoes pack a lot of nutrition into their small size. Today you can find them in different shapes from oval to pear-shaped and in a range of colors including red, yellow, orange, and even purple. Just like larger full-size tomatoes, they are good sources of vitamins and minerals, particularly vitamin A and C.

Did you know that children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted cherry tomatoes that were washed and served...and the students thought they were delicious! Here is another way to serve cherry tomatoes.

Roasted Cherry Tomatoes

Ingredients:

- 1 pint of cherry tomatoes
- 1 tablespoon of minced garlic
- 1 tablespoon chopped or
teaspoon dried oregano
- 1 tablespoon of olive oil
- 1 teaspoon vinegar



Preparation:

1. Pour the cherry tomatoes into a baking dish.
2. Add the oil, vinegar, oregano and garlic to tomatoes. Stir to coat.
3. Bake at 350 degrees for 25 minutes.
4. Serve as a side vegetable or spread on toasted whole wheat bread.

Developed by the University of California Cooperative Extension.