

# SLICE INTO SOME SUNSHINE

Field-grown & freshly harvested  
by FLORIDA growers



Who knew that produce had the power to brighten your day? Field-grown and freshly harvested in the Sunshine State, Florida tomatoes are bursting with juicy flavor. But they're more than just delicious. When eaten as part of a healthy diet, they can support your body's well-being. Cooked or raw, Florida tomatoes pack a powerfully healthy punch.

## 10 REASONS TO EAT FLORIDA TOMATOES

All values are based on eating a full medium tomato (148 g)

- 1 Only 25 calories per whole tomato
- 2 The most widely available source of lycopene, a natural antioxidant
- 3 Nearly half of your daily recommended Vitamin C
- 4 A good source of Vitamin A, essential for healthy vision
- 5 Naturally fat-free, cholesterol-free and low in sodium
- 6 Offers 10 percent of your daily value of potassium
- 7 Contains 1 gram of fiber
- 8 One of nature's most versatile ingredients
- 9 Hand-grown and nurtured by Florida growers for maximum goodness
- 10 Grown in 100% Florida Sunshine

For all these reasons, you owe it to yourself to try Florida tomatoes – in salads, sandwiches, your favorite recipes, or by themselves as a tasty snack. So, bite into a slice of sunshine... and credit yourself for having a **really bright idea!**

FLORIDA  
TOMATOES  
floridatomatoes.org

## DID YOU KNOW FLORIDA IS THE NATION'S LARGEST GROWER OF FRESH FIELD-GROWN TOMATOES?

For generations, our growers have been harvesting wholesome, great-tasting tomatoes for your table!

### District 1

**Peak:** January – March

### District 2

**Peak:** December – January  
Mid-February – May

### District 3

**Peak:** December – January  
Mid-February – May

### District 4

**Peak:** Mid-November – December  
Mid-April – mid-June



"Florida tomatoes are beautiful and delicious! I had a blast trying them in my recipes."

– Patsy Kreitman,  
author of the blog "famfriendsfood"

Please see reverse side for recipes.

# RECIPES FROM THE PROS

Get inspired by a batch of new recipes created exclusively for the Florida Tomato Committee by nationally recognized food bloggers. Visit [floridatomatoes.org](http://floridatomatoes.org) for the full collection!

## TOMATO, ARUGULA & QUINOA SALAD WITH ROSEMARY BASIL PESTO

The peppery bite from the arugula and the creaminess of the goat cheese complete this healthy, yet equally satisfying dish.

### Salad

3 ripe Florida tomatoes, sliced  
4 cups of arugula  
1 cup of cooked quinoa (¼ cup dry quinoa + ¾ cup water)  
2 tablespoons crumbled goat cheese for sprinkling on top  
1/4 teaspoon of sea salt  
Drizzle of extra virgin olive oil (optional)

### Pesto

2 tablespoons of fresh rosemary  
1 cup of fresh basil  
1/4 cup + 2 tablespoons of extra virgin olive oil  
4 teaspoons of crumbled goat cheese  
5 cloves of roasted garlic  
1 teaspoon of roughly chopped shallot  
1/2 teaspoon of lemon zest  
1/2 teaspoon of sea salt  
1/4 teaspoon of freshly ground black pepper



### INSTRUCTIONS

Preheat oven to 400F.

Slice off the top of the head of garlic so that most of the cloves are exposed. Drizzle with a little extra virgin olive oil, wrap in foil, place on a baking sheet, and bake for 20-25 minutes until cloves are soft.

Once cool enough to handle, use a butter knife to pop the cloves right out of the skin. Soak the quinoa for 5 minutes in a small saucepot, then rinse and drain using a fine mesh sieve. Add drained quinoa back to the pot, 1/4 cups of water and a pinch of salt if desired.

Bring to a boil, cover with a tight fitting lid, and turn the heat down to a simmer. Cook the quinoa for 12 minutes, or until all water is absorbed. Remove quinoa from heat and allow it to sit for five minutes with the lid on. Fluff with a fork.

To make the pesto, add all of the ingredients, except the extra virgin olive oil, to a food processor. While it is running, pour the oil through the chute to create a smooth pesto.

On a platter, layer the bottom with arugula and top it with sliced tomatoes. Sprinkle the sea salt over the tomatoes. Drizzle the arugula with extra virgin olive oil if desired. Add the quinoa, pour the pesto over the top, and sprinkle with crumbled goat cheese.

YIELD: 4-6 Servings

Developed by Ashley Centola, author of the blog, "Simple Craves & Olive Oil."

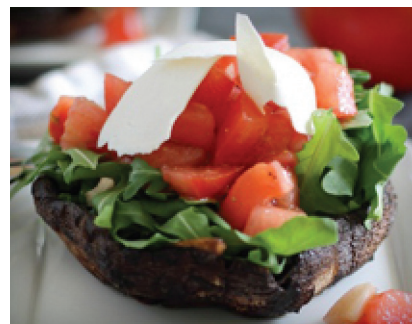
## TOMATO & RICOTTA SALAD STUFFED MUSHROOMS

This simple dish highlights the flavor of fresh tomatoes and can serve as a vegetarian appetizer or a side dish.

### INGREDIENTS

1 large ripe Florida tomato, chopped  
2 Portobello mushroom caps, cleaned & stems removed  
2 tablespoons extra virgin olive oil, divided  
Salt & pepper to taste

1 tablespoon minced shallots  
1/2 tablespoon balsamic vinegar  
1/2 cup baby arugula  
Ricotta salata, shaved with a vegetable or cheese peeler, as much as desired



### INSTRUCTIONS

Preheat oven to 400F.

Place Portobello caps on baking sheet and drizzle with 1 tablespoon of olive oil and salt & pepper.

Roast for about 15 minutes, until the water has evaporated out of the mushrooms. Remove from oven and set aside.

In a small bowl, combine the chopped tomato, shallots, remaining olive oil, vinegar and more salt & pepper to taste.

Evenly divide the arugula on top of each mushroom cap and top with the tomato mixture.

Place the shavings of ricotta salata on top of the tomatoes and garnish with additional salt & pepper and/or olive oil if desired.

Developed by Gina Matsoukas, author of the blog, "Running to the Kitchen."