

Quick Bites



Cherry tomatoes are delightful bursts of summer flavor. And they're super nutritious! They are packed with Vitamin C, which gives a boost to our immune system. When cooked, cherry tomatoes release lycopene, a chemical compound that can protect our bodies from inflammation-related illnesses like cancer and heart disease.

Tomato & Avocado Salad

- 2 ripe avocados
 - Juice from 2 lemons
 - 2 pints of cherry tomatoes, halved
 - 1/2 cup diced red onion
 - 2 tablespoons extra virgin olive oil
 - 1/4 teaspoon kosher salt
 - 1/4 teaspoon black pepper
1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
 2. Cut the avocados in half, remove the pit, scoop out the flesh. Cut into bite-sized pieces and add to a mixing bowl.
 3. Add the remaining ingredients to the bowl and gently toss to combine.

Makes 6 servings

Nutrition Facts

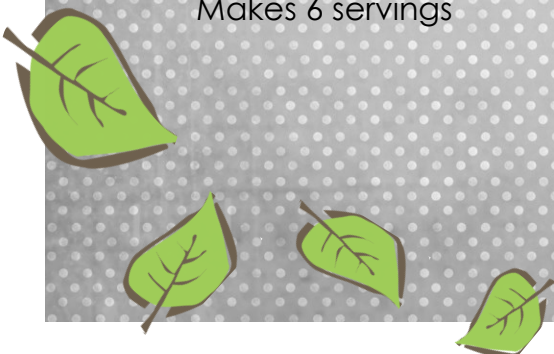
6 servings per container
Serving size 1/6 of recipe

Amount per serving
Calories 170

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 592mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Tips That Make Cents

- Check sell by and use by dates to be sure you buy fresh foods
- Buy a head of lettuce and wash it instead of buying lettuce in a bag.
- Keep a "soup container" in the freezer. Add all vegetable liquids as well as leftover meats and vegetables to create a delicious soup or stew for next to nothing
- Check the clearance section of the grocery store for items such as soap, cereal, and household products. These items may be piled in shopping carts throughout the store. Only buy if you know it is a good deal. Do not buy cans with dents. Dented cans indicate possible spoilage and are unsafe to eat.

Ways to Enjoy Cherry Tomatoes!

- Enjoy as a snack—by themselves or with a healthy dip
- Add to a stir fry at the end of cooking for a bright and fresh flavor
- Toss them into a pesto pasta
- Make pico de gallo by combining cherry tomatoes, chopped red onion, and diced jalapeno
- Fold them into an omelet or add them to scrambled eggs
- Add them with lemon juice and Feta cheese to a couscous or quinoa salad
- Sauté with olive oil till they burst to create a quick pasta sauce
- Place cherry tomatoes on top of baguette slices and roast in the oven with sprinkles of parmesan cheese and fresh basil



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