

15 Reasons to Enjoy Canned Tomatoes

1./Did you know... that tomato products are one of the healthiest foods in your kitchen?



2./ Tomatoes are one of those delightful foods that are not only tasty but also **good for you**. They are low in calories and have no cholesterol.

3./ They're high in **Vitamins A and C**, and a **good source** of potassium. They are rich in antioxidants such as lycopene

4./What is lycopene?

Lycopene is a bright red carotene and carotenoid pigment and phytochemical found in tomatoes and other red fruits and vegetables. papayas

5./Cooking tomatoes doesn't **destroy their health benefits**. In fact, cooked tomatoes and those processed into sauces have even higher concentrations of lycopene. That's because processing steams out a lot of the water that makes up fresh tomatoes.

6./More than 450 scientific studies have **demonstrated the power of tomato products** in promoting good health and preventing cardiovascular disease, various forms of cancer, osteoporosis, sun damage while reducing inflammation levels and more. Processed tomatoes are the number one source for the powerful antioxidant lycopene.



7./Research is now underway to confirm that tomato products also lower blood

pressure and lipids in healthy weight adults.

8./A review on tomato products' health benefits written by Kristin Reimers and Britt Burton-Freeman will be published in **March 2011 in the American Journal of Lifestyle Medicine**.



9./Tomato products are **healthy, affordable** and popular in a variety of cuisines making consuming tomato products one of the easiest and most effective steps you can take to improve your health.

10./Add more red to your meals with **soup, juice, salsa, sauce, paste, ketchup, diced and whole** canned tomatoes.

Need more ideas, read on:

5 NEW Ways to Enjoy Tomatoes!

1./As an apple substitute: They can be used in a number of ways. You can use them in place of or with green apples in chutneys and in pickle-type relishes. With a little lemon juice, they can substitute for tomatillos (a small, green cousin of the tomato that's widely used in Mexican green sauces and other dishes).

2./ As a basil substitute: Few things compare with pesto made with fresh basil leaves. But, summer ends, and with it does the ready supply of fresh basil.

Don't despair, though. Think red. Delicately preserved sun-dried tomatoes packed in olive oil are perfect! Make a red pesto following your favorite recipe -- just substitute sun-dried tomatoes in olive oil for the basil.



3./ Out of chicken broth? Tomatoes can easily replace the broth. Chop up some large, fresh, ripe tomatoes and add them in place of the broth. If you think you need more liquid, add water and/or wine. But the tomatoes will release liquid as they cook.



4./In smoothies! Tomatoes are technically fruit. We use them as vegetables because of their taste, but there are many ways to take advantage of their fruity qualities. Make a different sort of fruit smoothie of frozen carrot juice, diced tomatoes, parsley, salt and a little hot sauce. Garnish with a celery stalk.



5./ And for a most unusual but delicious appetizer or side dish, try tomato shortcake. Simply bake and halve your shortcake (or buttermilk biscuits in a pinch), and add strained diced tomatoes and a little crème fraîche to one half of the biscuit. Dot the crème fraîche with a garnish of capers, chives or fresh basil and cover with the other half of the biscuit. Done!

