

Tomatoes



Nutrition: Tomatoes contain a great deal of Vitamin A and Vitamin C so eat them!

Storage: Store at room temperature away from sunlight.

In Season: June - October



Zucchini and Tomatoes

Makes 4 servings

Ingredients:

1. 2 tablespoons butter or margarine or oil (olive, vegetable or canola)
2. 2 zucchinis (chopped into wedges)
3. 2 tomatoes (diced)
4. 1 garlic clove (minced) or 1/8 teaspoon garlic powder
5. ¼ cup onion (diced) or ½ teaspoon onion powder
6. 1 teaspoon sugar
7. If available: ½ teaspoon salt, pepper, available herbs, red pepper flakes

Directions:

1. Melt butter or oil in saucepan.
2. If using fresh onion or garlic, add and cook until tender.
3. Add zucchini, tomatoes, and seasonings.
4. Cover pan, put on low-medium heat, cook until vegetables are tender (8-10 minutes).