

DELHI TIMES.

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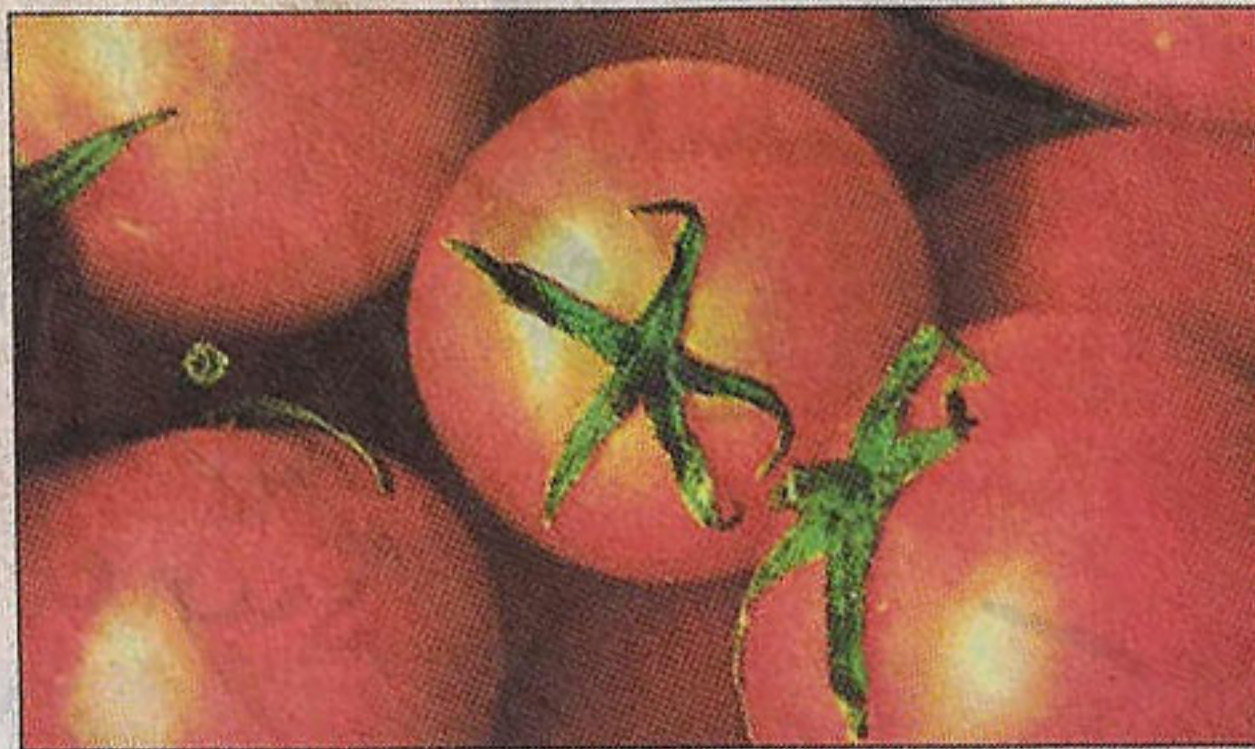
There is more to tomatoes than meets the eye. If you have been eating them only in sandwiches or as sauces, it's time you rediscover this vegetable.

Nutritionally, tomatoes are a low-calorie, low-fat food. They are an excellent source of vitamins A, C and K. They also contain potassium, which helps control blood pressure, maintain nerve function and help muscle control. Tomatoes are also an excellent source of lycopene which is a powerful antioxidant associated with reducing our risk of certain cancers and muscular degeneration. So here are a few things that you could do with this powerhouse of goodhealth...

■ **Try boiling** halved tomatoes for 5 minutes with a little parmesan cheese and breadcrumbs sprinkled on top.

■ **Roast them.** Halve some tomatoes crosswise, brush them with a small amount of olive oil and a little balsamic vinegar. Set the tomatoes on a baking sheet and roast at 400 degrees for 30 minutes. Or try

Tomato tales



slow-roasting them at a lower temperature for longer – 300 degrees for two hours. Roasting tomatoes concentrates their flavour. Enjoy your roasted tomatoes as a side dish or puree them for soups and sauces.

■ **Sauté them** — cherry tomatoes are great for this. Mix the sautéed tomatoes with your favorite pasta; or spoon them on top of chicken or fish.

■ **Stuff halved** tomatoes, with the pulp scooped out with your choice of rice, chopped vegetables, mushrooms – whatever takes your fancy. Bake them at 375 degrees for about 15-20 minutes.

■ **In salads.** Make a tomato salad by cutting your tomatoes into wedges, and drizzling them with a little oil and balsamic vinegar. Mozzarella cheese is great with sliced tomatoes.

Add torn basil leaves and a light vinaigrette dressing to complete this classic salad.

■ **Make fresh salsa.** Seed and chop tomatoes, combine with oil and garlic, and spoon on to a toasted baguette for bruschetta.

PREPARING TOMATOES

■ Slice tomatoes vertically for salads and sandwiches.

■ For stuffed tomatoes, cut them horizontally to remove the seeds and juice.

■ To peel your tomatoes, place them in boiling water for about 20 seconds. Remove the tomatoes with a slotted spoon, then plunge them into cold water. The skins should come off easily.