

# Tomatoes



## Nutrition

Tomatoes help support liver, kidney, heart, and bone health. They are extremely rich in antioxidants which benefit many systems in the body. By reducing stress in the body, tomatoes help reduce the risk of cancer. Raw tomatoes are particularly useful for improving heart health.

## Storage

Store at room temperature out of direct sunlight, they will keep for up to a week.



## Preparation

Wash well under colder cold water, trim any leaves or stem, and chop to desired size. You can eat raw in salads, on sandwiches, or as a snack. You can also boil, grill, steam, saute, stir-fry, bake or roast tomatoes. Furthermore, they can be used in soups, chilis, stews, and pureed to make sauces and dressings.