

HEINZ TOMATOES



Red, Ripe Tomatoes

Tomatoes are an easy, affordable and delicious vegetable that can be found raw, canned, baked, broiled, sautéed, juiced, and stewed. Tomatoes are used in and many other ways including being processed as tomato paste, sauce or ketchup. Cooks everywhere love the tomato and its products because they offer a wonderful combination of tastes: tangy without being sour, sweet without being sugary and zesty without being overpowering. They are the cornerstone of many ethnic foods from all over the globe due to their versatility including Chinese, Italian, South and North American dishes.

Health Powerhouse

Tomatoes have even more to offer. They are full of important nutrients including a significant amount of vitamin A, vitamin C, folic acid and minerals such as potassium, calcium and magnesium. Most important of all, the tomato is rich in lycopene—a substance that supported research shows can help lower the risk of cancer and heart disease when eaten as part of a healthy daily diet. The red color of the tomato comes from lycopene and it is one in a family of pigments called carotenoids, which occur naturally in fruits and vegetables. Even better news: when tomatoes are heated during processing, their lycopene is actually easier for the body to absorb. Now a fresh, raw tomato is still a wonderful thing, so if you don't feel like cooking, splash on some monounsaturated oils, like olive or canola, which can also help boost absorption.

Natural Sunscreen

Love the sun but don't care for the damage it does to your skin? UV rays can damage skin cells and cause erythema, redness, or raised rash due in some cases to photosensitivity. It has been shown that supplementation with high doses of β -carotene protects skin against UV-induced erythema. A study was done to determine if a natural dietary source rich in lycopene protects against UV-induced erythema in humans. [Stahl, W. Dietary Tomato Paste Protects against Ultraviolet Light-Induced Erythema in Humans] Just one more reason to pour it on!

So you can see why the tomato is one of the #1 vegetables in North America; it brightens a table, tingles your taste buds and even can help keep you healthy. Enjoy the delicious variety of tomato products from Heinz in recipes below and online at www.Heinz.com



CHICKEN CACCIATORE

Serve this traditional Italian favorite with warm crusty bread and freshly grated Parmesan cheese.

Serves 6

Prep Time: 15 minutes

Cook Time: 25 minutes

- 1 package (8 oz.) thin spaghetti pasta
- 1 medium onion, cut into thin strips, or about 3 cups
- 1 medium green bell pepper, cut into thin strips, or about 2 cups
- 1 medium red bell pepper, cut into thin strips, or about 2 cups
- 1 package (8 oz.) sliced fresh mushrooms, or about 3 cups
- 2 tbsp. olive oil, divided
- 1 lb. boneless, skinless chicken tenderloins, or about 8 pieces
- 1 jar (24 oz.) Classico® Traditional Sweet Basil Pasta Sauce

1. Cook pasta according to package instructions. Drain and keep warm.
2. Meanwhile, heat 1 Tbsp. of oil in a large skillet over medium high heat. Cook onion, green pepper, red pepper and mushrooms for 5 to 6 minutes, or until tender, stirring occasionally. Remove from skillet.
3. Heat remaining 1 Tbsp. of oil in the same skillet over medium high heat. Brown chicken for 2 to 3 minutes on each side. Stir in Pasta Sauce and vegetables, and bring to a boil. Cover, reduce heat to medium low and simmer for 8 to 10 minutes, or until chicken is cooked through, stirring occasionally. Serve hot with cooked pasta.

Heinz Recipe

Nutrition Fact: (1-1/2 cups per serving) 390 calories, 9g fat, 1.5g saturated fat, 45mg cholesterol, 520mg sodium, 51g carbohydrates, 6g fiber, 15g sugars, 26g protein, 45% DV vitamin A, 200% DV vitamin C, 8% DV calcium, 15% DV iron