

# Cherry Tomatoes



“We’re cheery cherry tomatoes,  
always happy to be part  
of any salad, snack or meal,  
we’re even good for your heart!”

We’ll make your meals sparkle, it’ll be our delight.  
Just pop us in your mouth for a sweet juicy bite! ”

Color us  
RED, ORANGE  
and/or YELLOW!



## Say Our Name In:

- English: Cherry tomatoes
- Spanish: Tomates cherry
- Chinese: 櫻桃西红柿 (Yīng táo xī hóng shì)
- Vietnamese: Cà chua bi
- French: Tomates cerises
- Arabic: طماطم كرزية (Tamatim karzia)



## Kid's Kitchen

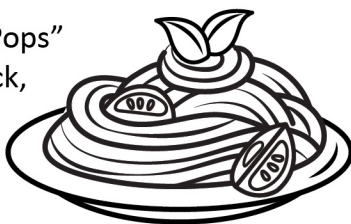


Look what you can do with **CHERRY TOMATOES!**

Try Us In:

### Pasta with Cherry Tomatoes

Keep it simple – enjoy “Cherry Pops” with toothpicks! Or, try this quick, easy, and delicious pasta dish:



**Servings: 4**

#### Ingredients:

- 8 ounces spaghetti or linguini
- ¼ cup olive oil
- 2 pints cherry tomatoes
- 3-4 garlic cloves, minced
- ½ tsp salt
- ¼ cup fresh basil leaves
- ½ cup grated Parmesan cheese
- Optional: ½ tsp crushed pepper or Italian Seasonings

#### Instructions:

1. Follow pasta directions and cook until al dente. Reserve ½ cup of pasta water, then drain.
2. Wash cherry tomatoes, remove stems, and cut into quarters.
3. In a large skillet, heat olive oil over low heat, add minced garlic and sauté until soft.
4. Then, add tomato quarters into pan with garlic and olive oil, turn up heat to cook quickly, until softened. If more liquid is needed, add reserved pasta water. Season with salt and seasonings.
5. Put pasta on each person's plate, add the tomato sauce, top with torn or cut basil leaves and grated Parmesan cheese.

**To Prepare:** Best to keep cherry tomatoes away from the fridge. Best to store tomatoes on a counter and not in the fridge.

#### More Ways to Prepare Us:

(see p. 83-84)

- Raw
- Sauté/Stir Fry
- Roast

#### And try these fun dishes with our other veggie friends:

- Veggie Robots (p. 86)
- Veggie Grab Bag (p. 88)
- Rainbow Party Plate (p. 89)
- Toss Yourself a Salad (p. 91)
- Salad in a Jar (p. 92)



**We're rich in:**  
Vitamins A, C, K, potassium,  
and antioxidants.



**Our Season is  
Summer - Fall!**

