

Cooking It Up!

*From  
The  
Tomato  
Vine*

*& Tomatillos*

INCLUDING TRIED & TESTED RECIPES



UNIVERSITY  
OF WYOMING

Extension

# With many thanks to our recipe testers—we could not have done this without you!

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## **B-1390.3 | June 2024**

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For information regarding growing tomatoes in the home garden, refer to:

*Wyoming Vegetable & Fruit Growing Guide* (pages 171–177, Tomatoes): <https://bit.ly/WY-fruit-veg>

*Gardening: Vegetables in Wyoming* (page 16, Tomatoes): <https://bit.ly/wy-veg>

In addition, the University of Wyoming Extension publications offer peer-reviewed, research-based, objective information on a wide range of topics written by specialists and educators in the College of Agriculture, Life Sciences and Natural Resources and the University of Wyoming Extension at <https://www.wyoextension.org/publications>.

*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.*

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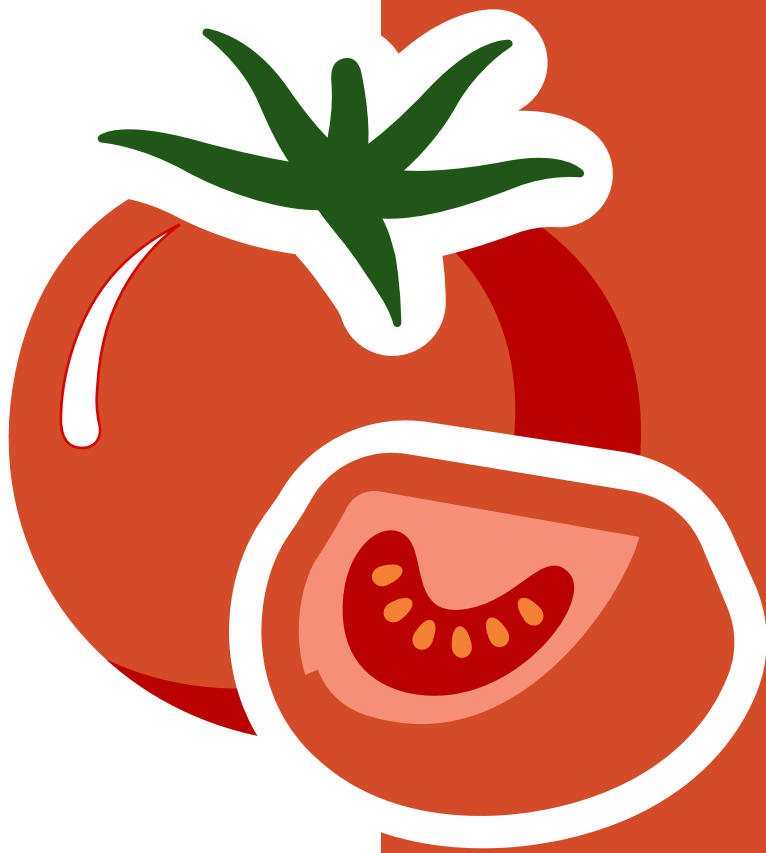
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**T**omatoes have been on our tables and in our gardens for so long that it's nearly impossible to think of them growing in the wild. But the tomato is native to western South America and Central America. It's hard to believe that such a widely-used food source was once considered deadly poisonous.

Tomatoes have undergone centuries of cultivation and hybridization and have changed much during that time. Today, there are more than 10,000 varieties of tomatoes. According to the USDA, Americans eat about 31 pounds of tomatoes yearly. Tomatoes are Americans' second favorite vegetable.

Tomatoes are cultivated and used as a vegetable. Did you know that botanically, they are a fruit? Tomatoes fit the botanical definition of fruit since they are the fleshy parts of a plant that surrounds its seeds. Whether you call tomatoes a fruit or a vegetable, they are a delicious addition to meals.

Tomatoes come in all sorts of shapes and sizes, as well as colors—all spectrums of the rainbow, from red to purple. There are even mottled and striped tomato varieties. With so many fantastic flavors to choose from, it's hard to pick a favorite!

So, let's dive into the wonderful world of tomatoes and tomatillos to discover how to make the most of this incredible ingredient in your culinary adventures.

## AVAILABILITY

Tomatoes for fresh consumption are sold all year round. During peak tomato season, tomato lovers flock to farmers' markets and roadside stands to purchase tomatoes. They are most abundant in Wyoming farmers' markets and home gardens from July–September.

## TOMATO CATEGORIES

There are three major tomato categories based on use: miniature, slicing and eating, and cooking.

- Miniature or cherry tomatoes are the smallest, ranging in size from  $\frac{3}{4}$  –  $1\frac{1}{2}$  inches in diameter. Cherry tomatoes are used in salads or for snacking.
- Slicing tomatoes, also called standard and beefsteak tomatoes, are generally the largest, juiciest, most flavorful tomatoes. These tomatoes usually have a slightly squat shape, large seed and juice filled cavities, and can grow up to 6 inches in diameter.
- Cooking tomatoes, also called paste tomatoes, are usually oblong or pear-shaped, with meatier, less juicy flesh than the slicing and eating varieties. Cooking tomatoes have a thick flesh so they hold their shape when cooked. They generally are used for canning and sauces.

## SELECTION

Depending on the variety, tomatoes can be red, orange, orange-pink, burgundy, purple, black, white, yellow, or green. What does color say about the acid of a tomato? Generally, darker tomatoes are more acidic, while lighter ones tend to be sweeter.

Sizes range from very small bite-sized cherries to large, round, slicing tomatoes. Tomatoes come in a wide variety of shapes: round, oval, oblong, pear, and heart.

Select tomatoes that are firm to the touch, glossy, smooth, and plump. Tomatoes should feel heavy for their size when resting in the palm of your hand. Choose tomatoes that have a bright, vibrant,

consistent skin color. Yellow or green patches on red tomatoes indicate that the tomatoes were ripened off the vine.

Smell tomatoes! The tomato should have a sweet, earthy, grassy smell. Avoid those that are extremely soft, bruised, cracked, or otherwise damaged by insects, disease, or handling.

When purchasing small tomatoes in a plastic container, select tomatoes that are deep in color, smooth, plump, and unwrinkled. Also, smell them to see if they will be flavorful.

If purchasing multiple tomatoes, select them at various stages of ripeness and then use the ripest tomatoes first. Most ripe tomatoes purchased from a supermarket will retain the best eating quality for two to three days if stored at room temperature.

## STORAGE

Always store tomatoes at room temperature. Storing them in the fridge makes them last longer, but they stop ripening and can lose their flavor. In addition, their texture becomes mealy.

Storing unripe tomatoes in a brown paper bag will trap the ethylene gas they give off, hastening the ripening process and enhancing the flavor. Tomatoes take one to five days to ripen. Check progress daily.

Here are two methods for storing tomatoes:

1. Turn the tomato upside down and store it at room temperature. This creates a small barrier against oxygen, slowing down potential mold.
2. Place a small piece of tape (any kind) over the small stem end bump and leave it there until you are ready to use your tomato. The theory is the same as the upside-down tomatoes, in which you create a barrier against bacteria and mold.

Refrigerate overripe tomatoes to slow their spoiling. Keep in mind that they can be used for tomato sauces, relishes, chutneys, or other cooked recipes.

Cut or chopped tomatoes or products made from them, such as salsa, should be covered and

refrigerated if not consumed within two hours of preparation. Store cut tomatoes in a non-metal airtight container or a well-sealed plastic bag in the fridge. The acidity of tomatoes can react with certain metals.

Properly stored, cut tomatoes will last about two days and cooked tomatoes will last for three to five days in the refrigerator.

Raw, cooked, whole, sliced, chopped, or puréed tomatoes may be frozen. Tomatoes do not need to be blanched before freezing. Frozen tomatoes are best used in cooked foods such as soups, sauces, and stews, as they become mushy when thawed.

## PREPARATION

Wash tomatoes just before serving or eating them. To wash, wet each tomato with water, gently rub its surface, rinse it with running water, and dry it. Do not use soap, detergent, or bleach because these liquids absorb into the tomato.

Remove the stems and cores with a paring knife. Use a serrated knife to slice, chop, or cut wedges of tomatoes. Cut tomatoes lengthwise from stem to blossom end to retain more juice in each slice.

To peel tomatoes, cut an X on the stem end, then blanch by dropping them into boiling water for about 30 seconds, or longer for firm tomatoes, then plunge into a bowl of ice water until cool enough to handle. Use a paring knife or your fingers to pull the skin off, starting at the cut. Skin will pull away easily if the tomatoes have been blanched long enough.

To seed tomatoes, cut a tomato in half horizontally. Holding a half in the palm of your hand, squeeze out the jelly-like juice and seeds over a strainer and scoop out the remaining seeds with your fingertip. Save the juice, sieve it, and use it in another recipe or drink it.

## COOKING TIPS

No matter what kind of tomatoes you're cooking with, here are a few tips to get the best results.

- The best tool to slice tomatoes is a serrated knife. The ridged blade cleanly cuts through the tomato's skin.

- Avoid cooking tomatoes in aluminum pots or pans; their acid will make them take on an unpleasant metal taste. Instead, choose non-reactive cookware and utensils when you're preparing tomato recipes.
- Turn hollowed-out tomatoes upside down to drain for about 10 minutes before filling.
- When baking stuffed tomatoes, place them in a muffin tin for stability.
- To keep baked tomato dishes from turning soggy, it's important to salt your tomatoes, which will draw out the moisture. Place your sliced tomatoes on a few layers of paper towels, sprinkle with salt, then let them stand for about 10 minutes. Pat them dry before using.
- Cook tomatoes slowly over low heat. Prolonged cooking over high heat will make the sauce difficult to digest.
- The high acid content of the tomato slows down the cooking process of some other foods. Dried beans cooked with tomatoes can take up to 20% more cooking time than beans without tomatoes.
- Add sugar, honey, or finely grated carrots to soften the acidity of tomatoes.
- When making a tomato sauce, ¼ teaspoon of baking soda per gallon will also help alleviate acidity.
- If your only choice is the mealy, tasteless fresh tomato, you may be better off using canned tomatoes in cooked recipes.

## COOKING METHODS

The tomato is a versatile food found in many types of cuisines internationally. They can be incorporated into many main dishes, side dishes, and beverages.

Try preparing tomatoes using one of these methods:

**Broiling:** To broil tomatoes, core the tomatoes,

cut them in half crosswise, and place them on a baking sheet in a single layer. Brush with melted butter and sprinkle with desired seasoning, such as salt, pepper, garlic, and parsley. Place in the oven 4–6 inches from the broiler heating unit. Cook for 3–5 minutes, until lightly browned.

**Raw:** To prepare raw tomatoes, wash them thoroughly, remove the stem, and cut them into slices or wedges. Season them with salt and pepper, or drizzle with olive oil or balsamic vinegar for added flavor.

**Grilling:** To grill tomatoes, preheat the grill to medium-high heat. Cut the tomatoes in half and brush them with olive oil. Place them on the grill, cut side down, and cook for about 3–4 minutes or until slightly charred. Flip them over and cook for an additional 2–3 minutes.

**Frying:** To make fried green or red tomatoes, start by slicing tomatoes into ¼-inch rounds. Dip the tomato slices in a mixture of buttermilk and hot sauce, and then coat them with a mixture of cornmeal, flour, salt, and pepper. Fry the tomato slices in hot oil until they are golden brown.

**Puréeing:** To make puréed tomatoes, chop the tomatoes into large chunks. In a large saucepan, heat tomatoes over medium-high heat, stirring, until tomatoes begin to release their liquid. Bring to a simmer, then lower heat and cook, stirring occasionally, until much of the excess liquid has cooked off, but the tomatoes aren't totally dry, 10–15 minutes. Remove the tomatoes from the heat and let them cool for 10 minutes. Run the tomatoes quickly through a blender or food processor. Strain the sauce to remove any seeds and leftover skin.

**Roasting:** To roast tomatoes, preheat the oven to 400°F. Cut the tomatoes in half, drizzle them with olive oil, and sprinkle with some salt and pepper. Roast them in the oven for about 25–30 minutes or until they are tender and caramelized.

**Sautéing:** To sauté, cut miniature tomatoes in half or large tomatoes crosswise into thick slices. Season with salt, pepper, and desired herbs. Heat olive oil in a skillet over medium-high heat. When the oil is hot, add tomato slices. Cook for 2–3 minutes or until tomatoes are softened and lightly browned. Turn often to prevent burning and do not overcook.

**Stewing:** To make stewed tomatoes, sauté some

diced onions and garlic in olive oil in a skillet. Add chopped tomatoes and cook for 10–20 minutes, stirring every 5 minutes, or until the tomatoes are softened and lightly browned. Add salt, pepper, and herbs like thyme and rosemary to the tomatoes. If desired, add chopped bell peppers and mushrooms for added texture.

If you need some inspiration for using tomatoes, consider these ideas.

- Nosh on miniature tomatoes as a snack.
- Make a simple bruschetta with grilled, buttery bread topped with tomato, garlic, and basil.
- Use tomatoes raw in mixed green salads with cheese, herbs, olive oil, and seasoning.
- Prepare a caprese or burrata salad with fresh mozzarella, thick-sliced ripe tomatoes, and fresh basil.
- Experiment with a Tuscan-style tomato and bread salad that uses tomatoes, basil, bread, and a vinaigrette.
- Prepare gazpacho, a spicy cold soup of tomatoes, sweet peppers, cucumbers, and onions.
- Hollow out large tomatoes and stuff them with shrimp, potato salad, cold salmon, cottage cheese, or mashed curried egg; serve hot or cold. Make taco or breakfast stuffed tomatoes.
- A tomato sliced and layered on a sandwich is a standard.
- Make marinated tomatoes! Mix this juicy seasonal produce with olive oil, balsamic, garlic, and basil, then let it stand for 30 minutes. Use them as an appetizer for crostini, serve as a salad, spoon over chicken or fish, or eat over toast for a simple lunch.
- Mince tomatoes with onions, cilantro, and chiles to make salsa.
- Tomato gratin layers ripe tomatoes with cheese and garlicky breadcrumbs.

- Make the most of chopped tomatoes in a comforting tomato risotto or pilaf.
- Use tomatoes in chowder, soups, stews, sauces, pasta, rice, and omelets.
- Cut a tomato in half and cover the cut surface with olive oil, pepper, and sugar, then grill for 5 minutes.
- Glaze a tomato with wine and brown sugar, then broil it.
- Miniature tomatoes are great for threading onto skewers for kebabs.
- A tomato-based marinade adds great flavor to meat, poultry, and fish or seafood.
- Tomato slices are stunning used in a tomato galette, tomato pie, or tomato tart.
- Roast plum tomatoes with garlic and thyme until thick and broken down. Combined with capers and good quality olive oil, the tomato spread is perfect on crusty bread.
- Use ripe summer tomatoes in a refreshing chutney with zingy ginger spices. It makes the perfect accompaniment to a cheeseboard.
- Slow-roast miniature tomatoes with a glaze of sugar, salt, and olive oil to concentrate their flavor and give them a sticky-sweet exterior. Think of them as the raisins of the tomato world.
- Have you ever made ketchup? If you have extra tomatoes, a batch of homemade artisanal ketchup could be a fun way to use them!

## SPICES

While many of the foods we eat taste delicious on their own, herbs and spices work together with our food to elevate natural flavors and make dishes more dynamic. A spice is a seed, root, fruit, bark, or other plant substance, whereas an herb is a plant's leaves, flowers, or stems.

There are many fresh and dried herbs that complement the sweet and tangy flavor of

tomatoes. Try basil, cilantro, and oregano. Other herbs include chives, dill, marjoram, parsley, rosemary, savory, tarragon, and thyme.

Some of the best spices to use with tomatoes are black pepper, cayenne pepper, chili powder, cinnamon, cumin, curry powder, fennel seeds, garam masala, garlic powder, nutmeg, onion powder, paprika, and taco seasoning.

Some herbs and spices like mint, rosemary, and sage can overpower the delicate flavor of tomatoes, so use them sparingly.

## PRESERVE AT HOME

Ripe, juicy summer tomatoes are worth waiting for, but with a few tricks, you can save that great flavor to enjoy later in the year. Tomatoes can be preserved by canning, drying, freezing, or pickling. They can also be used to create fruit spreads like jams, jellies, and marmalades. Raw tomatoes or raw tomato products can be kept refrigerated below 40°F, but will spoil over time due to bacteria, yeasts, and molds. Preserving tomatoes in oil is not recommended. Oil may protect botulism organisms trapped in a water droplet.

The safest recipes and resources have been researched and rigorously tested by the United States Department of Agriculture (USDA) and extension services associated with land-grant universities. Creating your own procedures and recipes could result in a hazardous product, since the pH range of tomatoes is on the borderline between acid and low-acid foods. Many home-preserved recipes are not tested for safety, so it is critical to use the resources below.

The University of Wyoming Extension recommends using canning recipes from the following approved food preservation sources. Canning directions and recipes dated prior to 2014 should not be used. Mass media and blog recipes, unless from extension programs or other approved sources, should also not be used.

The following are University of Wyoming approved food preservation sources:

- *Preserving Food in Wyoming*, University of Wyoming Extension (2024): <https://bit.ly/wyo-1210>



- USDA *Complete Guide to Home Canning* (revised 2015): <https://bit.ly/usda-canning>
- *Ball Blue Book Guide to Preserving*, 38th edition (2024)
- *New and Updated Ball Complete Book of Home Preserving* (2020 edition)
- *Ball Canning Back to Basics* (2017)
- *The All-New Ball Book of Canning and Preserving* (2016)
- *So Easy to Preserve*, 6th edition (2020 reprint)
- Commercial pectin recipes and manufacturer's instructions
- Other up-to-date extension publications

Visit the National Center for Home Food Preservation at <https://nchfp.uga.edu> for recipes and instructions on canning, freezing, drying, and pickling tomatoes.

For more information on food preservation, visit the University of Wyoming Nutrition and Food Safety website at <https://bit.ly/NFS-Food-Preservation>.

## Canning

Tomatoes can be safely processed in a boiling-water canner, steam canner, or pressure canner. When canning or pickling tomatoes, it is important to carefully follow the recipe directions to ensure a safe product.

Tomatoes are usually considered acidic, although some varieties may have pH values above 4.6. Additional acid, such as lemon juice or vinegar, must be added to boiling-water canning, steam canning, and pressure canner options to ensure a safe product. A high acid level (pH of 4.6 or less) prevents the growth of *Clostridium botulinum* bacteria, which causes botulism. Because many factors impact the acidity level of tomatoes, the USDA recommends adding acid to all home-canned tomatoes and tomato products.

When canning, you must know your altitude, since altitude affects processing times and pressures. Processing times in most recipes are

based on elevations from sea level to 1,000 feet. Do not use normal processing times if you live at an altitude above 1,000 feet.

Water boils at lower temperatures as altitude increases due to decreased atmospheric pressure. These lower boiling temperatures are less effective for killing bacteria. You must increase either the processing time or canner pressure to make up for lower boiling temperatures. Use publications based on the United States Department of Agriculture (USDA)-approved guidelines to select the proper processing time and canner pressures for your altitude.

When canning foods at home, adjustments must be made to ensure the safe processing of home-canned foods.

- For foods processed in a boiling water canner, extra time must be added.
- For foods processed in a pressure canner, extra pressure must be added.

Detailed information on altitude adjustments for canning specific foods is available on the National Center for Home Food Preservation website at <http://nchfp.uga.edu/>.

## Pickling

The proportion of vinegar to water is critical when pickling. Do not change vinegar, food, or water measurements in a recipe or use vinegar with unknown acidity. Use only recipes with tested quantities of ingredients. There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulism.

All pickled products should be processed in a boiling water canner to ensure a product that will not spoil. Detailed information on altitude adjustments for canning specific foods is available on the National Center for Home Food Preservation website at <http://nchfp.uga.edu/>, or you can ask your county Extension office for time adjustments if you live above 1,000 feet.

## Freezing

Tomatoes may be frozen whole, sliced, chopped, or puréed. Additionally, you can freeze raw or cooked tomatoes. Freezing tomatoes causes their texture to become mushy. Tomatoes should

be seasoned after freezing, since freezing may strengthen or weaken the flavor of seasonings such as garlic, onions, and herbs.

It is possible to quickly freeze raw tomatoes without blanching them first. Blanching is the scalding of vegetables in steam or boiling water to slow or stop the action of certain enzymes. Tomatoes may be frozen without their skins or frozen whole with their skins.

**Whole tomatoes with peels:** Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water. Dry them with a clean cloth or paper towels. Cut away the stem scar (the small gray area underneath the removed stem). Place the tomatoes on cookie sheets and freeze. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will easily slip off.

**Peeled tomatoes:** If you prefer to freeze peeled tomatoes, you can wash them and then dip them in boiling water for about 1 minute or until the skins split. Peel and then freeze as noted above.

For more information on freezing tomatoes, check out the University of California Division of Agriculture and Natural Resources publication *Tomatoes: Safe Methods to Store, Preserve and Enjoy*, which can be found at <https://anrcatalog.ucanr.edu/pdf/8116.pdf>, or the National Center for Home Food Preservation at <https://nchfp.uga.edu/how/freeze/vegetable/freezing-tomatoes/#gsc.tab=0>, which is hosted by the University of Georgia Cooperative Extension Service.

## Drying

Tomatoes are an excellent food to dry. Small cherry tomatoes or tomatoes with a high solid content, such as Romas, work best for drying. They do not need blanching and are dried to a crisp. Vegetables can be dried in a food dehydrator or an oven by using the right combination of warm temperatures, low humidity, and air currents. The optimum temperature for drying food is 140°F. Drying is not a precise method of food preservation, and the amount of drying time will vary depending on the equipment, moisture content of the tomatoes, and humidity in the air. Oven drying may take up to twice as long as a dehydrator.

Dried tomatoes are good in soups, stews, sauces, and salads. Tomato leather can be eaten as is, added to soups for flavor, or a little water can be added to the leather to make a savory tomato sauce.

**Tomato slices:** Wash tomatoes to remove soil and chemical residues. No peeling or blanching is necessary. Trim out the core and cut crosswise into ¼- to ⅜-inch slices. Dry tomatoes in a food dehydrator or oven for 6 to 12 hours. Test for dryness. They should easily bend in half and not break or stick when folded. Store dry tomatoes in air-tight freezer bags. Be sure to press out the air of the bags. For best quality, use within 6 to 9 months.

**Tomato slices for stewing:** Wash tomatoes to remove soil and chemical residues. Steam tomatoes for 3 minutes or dip tomatoes in boiling water for 1 minute to loosen skins. Chill in ice water; slip the skins off. Cut into sections about ¾-inch wide or slices. Cut small pear or plum tomatoes in half. Dry tomatoes in a food dehydrator or oven for 10 to 18 hours. Test for dryness. They should easily bend in half and not break or stick when folded. Store dry tomatoes in air-tight freezer bags. Store in a dark, cool place or freeze. Be sure to press out the air of the bags. For best quality, use within 6 to 9 months.

Rehydrating dried tomatoes is not necessary. Add dried tomatoes directly to sauces, soups, pizza, or your favorite recipe. You may crush the dried tomatoes into a powder to use as a seasoning.

For drying instructions, visit the National Center for Home Food Preservation at [nchfp.uga.edu](https://nchfp.uga.edu).

## NUTRITION

Even if they're 95% water, tomatoes contribute to a balanced diet. Per the U.S. Department of Agriculture (USDA), one medium (2 ⅜-inch diameter) tomato provides 22 calories, 1.1 grams of protein, 4.8 grams of carbohydrates, and 0.2 grams of fat.

Tomatoes are high in vitamin C and are a source of vitamins A, K, and potassium. Additionally, tomatoes supply many other vitamins and minerals.

Tomatoes get their red hue from lycopene, a phytonutrient that plays a role in chronic disease prevention. Although lycopene is available in all ripe tomatoes, cooked tomatoes provide a greater supply that is more useful to the body.

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**T**omatillos (pronounced toh-muh-TEE-ohs) look like little green tomatoes, but don't jump to conclusions—they have their own identity and are not the same thing. Tomatillos have thin skins that do not need to be peeled and dense flesh that contains lots of little seeds. Tomatillos go by many names, including Mexican green tomatoes, husk tomatoes, and jamberries. The Spanish word tomatillo translates to “little tomato” in English. They belong to the nightshade family and are distantly related to traditional red tomatoes.

Tomatillos are prominent in Latin American cuisine, particularly Mexican and Central American dishes. If you have a weakness for Mexican cuisine, you may be a tomatillo lover and not even know it. Tomatillos are a key ingredient in classic sauces such as salsa verde, which adds a vibrant, tangy flavor to dishes like enchiladas, tacos, and tamales. The fruit has also made its way to India, where it shows up in chutneys, curries, and dals.

## FLAVOR

Tomatillos have a unique tangy, slightly tart flavor with hints of citrus. The flesh is crisp with a dense, dry texture. Their taste can vary depending on their ripeness. As they ripen, they become a bit sweeter and less tangy. Tomatillos are known for their acidity, which adds a bright, refreshing quality that enhances the overall taste profile of dishes.

Tomatillos can be inconsistent in flavor, with some tasting sour and others tasting mild and sweet. If the tomatillos are too tart for your taste, add a little sugar to balance them out.

## AVAILABILITY

Tomatillos are now available nearly year-round. However, tomatillos are warm-weather plants, so their peak seasons are summer and fall. They are most abundant in Wyoming farmers' markets and home gardens from August–October.

## SELECTION

Tomatillos can be a very exotic vegetable if you've never held or eaten one. Tomatillos are 1–2 inches in diameter, with plump, bright green fruit surrounded by a papery husk that splits apart as the fruit grows. However, some varieties of ripe tomatillos turn yellow or purple. Look for tomatillos that have grown to fill their husks. If there is a lot of air between the husk and the fruit inside, pass on it. The husk starts green but fades to brown as the fruit matures. The husk should be fresh looking, not withered and dried.

To check for ripeness, peel back a small area of the husk until you can see the fruit inside. It should be a bright green color and firm to the touch. Unlike regular tomatoes, tomatillos remain firm even when ripe. If you notice any blemishes or soft spots, throw the fruit away. Check green tomatillos to ensure the fruit hasn't turned yellow, since this signifies over-ripeness. The husk should be pliant and not completely dried out. Feel the fruit inside the husk with your fingers to ensure it is plump. It should be firm and not give in to gentle pressure, indicating it is ripe and ready to use. If the husk has split, exposing the fruit, make sure the skin is glossy and has no dark spots or mold. An ideal tomatillo will feel heavy for its size. Although not as strong as other produce, a fresh tomatillo will have a slightly sweet, tangy scent. Avoid those with an off or sour smell.

## STORAGE

Either store tomatillos for a day or two at room temperature on the counter or keep them in the fridge. In the refrigerator, store tomatillos in an open container or in a paper bag in your produce drawer for two to three weeks. Whichever way you store them, leave their papery husks on until you're ready to use them.

## PREPARATION

When you're ready to enjoy tomatillos, peel back the paper husks with your fingers. Lift them off and discard them, twisting them off at the stem end if they're resistant. Once their husks are removed, the fruit inside will be covered in a lightly sticky substance, so give it a gentle scrub with a soft brush under cold, running water. Do not use soap, detergent, or bleach because these liquids absorb into the tomatillo. If water isn't working, wipe them down with a little white vinegar.

## COOKING

Tomatillos are easy to use because they don't need to be peeled or seeded. You will see white flesh with tiny yellowish edible seeds when you cut into the fruit. What you do with them at this point will depend on your intended recipe. Tomatillos can be used in a variety of ways and can be eaten both raw and cooked.

Tomatillos can be eaten raw, though this is less common. Raw tomatillos are a tasty, acidic addition to many dishes since they retain their bright, tangy flavor.

Tomatillos are often cooked. Their tanginess mellows and gives way to a slight sweetness. They become tender but still retain some crispness. When added to spicy dishes, tomatillos help counterbalance the heat of ingredients like chiles.

## RAW TOMATILLO USES

It's best to use raw tomatillos as an accent flavor or to use them in small amounts. One of the easiest ways to incorporate raw tomatillos into your diet is to finely dice them and add them to salsa, salads, rice, or scatter them over a bowl of soup or chili. Slices of tomatillos will enhance the flavor of a

sandwich. Tomatillos can be used to create a tangy vinaigrette. Tomatillos' vibrant color and flavor make it an excellent ingredient in beverages. Blend or purée the tomatillos to keep the drink thickly textured. On the other hand, you can juice and strain the fruits if you want a thinner texture.

## COOKED TOMATILLO USES

Tomatillos can be prepared in countless ways. The tomatillo is a versatile ingredient that will add color to a variety of recipes. The most common use for tomatillos is salsa verde, a Mexican salsa made with roasted tomatillos, onion, garlic, spicy peppers, and cilantro. Tomatillos make an excellent green chili sauce and guacamole. They are also commonly used in soups and stews. Tomatillos often accompany meat dishes and they're a fantastic addition to casseroles. Tomatillos can be added to many side dishes as well. Get creative with using tomatillos in sweet dishes. Frequently paired with cinnamon, the fruit is made into jams, tarts, and pies.

## COOKING TECHNIQUES

Tomatillos can be prepared in countless ways. Try preparing tomatillos using one of these methods:

**Boiling:** Boiling mellows the flavor. Place the cleaned tomatillos in a saucepan, cover with water, and bring to a boil. Reduce the heat and simmer for 8–10 minutes, flipping them over halfway through, until softened and olive green.

**Broiling:** Preheat the oven to broil and move the top baking rack to about 6 inches below the top of the oven. Place the cleaned and cut tomatillos on a baking sheet without oil and roast them under the broiler. Broil them for approximately 4–5 minutes on one side, turn them over, and broil them for 3–4 minutes on the other side. You want them to blister.

**Dry Roasting (Stovetop):** Place the cleaned tomatillos in a heavy fry pan (preferably a cast iron pan). Turn the stove heat to low and roast for approximately 20–30 minutes, turning occasionally.

**Fire Roasting (Grill):** Roast clean tomatillos with a propane torch or over an open flame such as a grill. Make sure the heat is quite hot before roasting. If the heat is not hot enough, the tomatillos will turn mushy before being charred.

**Frying:** Cut cleaned tomatillos into ½-inch-thick slices, then bread them in egg, flour, and bread crumbs. Fry them at about 375°F in a single layer until golden brown. Then, transfer slices to a cooling rack placed over paper towels. Repeat with remaining tomatillo slices.

**Pureeing:** Boil clean tomatillos in a large, heavy bottom pot until tender, about 5–8 minutes. Drain well, and transfer to the blender jar. Allow to cool for 5 minutes. Blend until all the chunks are gone. In addition, tomatillos may be roasted and then puréed. Preheat the oven to 400°F. Arrange the tomatillos on a baking sheet. Roast until the top skins are dark brown, about 20 minutes. Remove and allow to cool for 5 minutes. Transfer the tomatillos and juices to the blender jar. Blend until smooth.

**Roasting (Oven):** Preheat the oven to 400°F. Prepare a rimmed baking sheet by lining it with aluminum foil or by spraying it with cooking spray. Cut the cleaned tomatillos in half horizontally. Arrange the halves cut-side down on the prepared baking sheet. If desired, drizzle olive oil over the tomatillos and season them with a pinch of salt and pepper. Toss them gently to coat evenly. Roast tomatillos until they become tender and lightly browned, about 20 minutes, tossing halfway through.

**Sautéing:** Slice or chop the cleaned tomatillos. Heat a skillet over medium-high heat and add a small amount of oil. Add the tomatillos and sauté until tender and golden, about 6–8 minutes. Sprinkle with salt and pepper or other herbs if desired.

**Stewing:** Cut cleaned tomatillos into quarters and set them aside. Heat oil in a pot over medium heat. Add diced onion, minced garlic, and chopped jalapeño or serrano pepper to the pot and sauté. Add the tomatillos and cook until they start to soften. Pour in enough vegetable or chicken broth to cover the tomatillos. Cook until the tomatillos are completely soft. Transfer the mixture to a blender or food processor, add a handful of fresh cilantro, and blend until smooth. Season to taste.

## TOMATILLO SUBSTITUTES

There are several substitutes for fresh tomatillos, including green tomatoes, canned green tomatoes, canned tomatillos, green bell peppers, green apples, limes, vinegar, or a combination of ingredients. Remember that these substitutes won't exactly replicate tomatillos' flavor profile and texture, so you'll need to consider what flavor or texture you're trying to achieve.

Green tomatoes: Unripe green tomatoes can work as a substitute, especially in recipes where tomatillos are used for their tartness. Green tomatoes have a tangy, slightly sour flavor that can mimic the acidity of tomatillos. They can be used in dishes like salsa verde or green sauces.

Canned green tomatoes: Canned green tomatoes can be a convenient alternative. They are typically pickled or canned with vinegar, giving them a tart flavor similar to tomatillos. Rinse them before using them to reduce the vinegar taste.

Canned tomatillos: If using canned tomatillos as a substitute for fresh, an 11-ounce can will substitute for a pound of fresh. On average, there are 15–18 small tomatillos in 1 pound or about 8–10 medium tomatillos in 1 pound.

Green bell peppers: Green bell peppers can be used as a substitute in recipes that call for tomatillos in cooked dishes like soups, stews, or chili. They won't provide the same tartness, but they add a fresh, mild flavor and a nice crunch.

Green apples: You can substitute green apples in some recipes where tomatillos are used for their tangy quality. They provide acidity and a hint of sweetness. Be sure to adjust the sugar or sweetness level in the recipe accordingly.

Limes or vinegar: For recipes where tomatillos are primarily used for their acidic nature, you can use fresh lime juice or vinegar (such as white wine vinegar or apple cider vinegar). Start with a smaller quantity and adjust to taste, as these ingredients can be quite potent.

A combination of ingredients: In some cases, you may need to combine several substitutes to mimic the flavor and texture of tomatillos. For example, you can mix green tomatoes with a splash of lime juice to get both tartness and texture.

## TOMATILLO FLAVOR PARTNERS

Tomatillo has a flavor affinity for avocado, cilantro, cucumber, green chile peppers, grilled foods, lime, pumpkin seeds, oregano, tequila, tomatoes, and onion. Experiment with herbs, spices, and ingredients to flavor tomatillo recipes.

## PRESERVE AT HOME

If you have an abundance of tomatillos, several methods exist to preserve them. One of the most common methods is canning, which involves packing the tomatillos in jars and heat-processing them to create a vacuum seal. Tomatillos can be made into relish, salsa, sauce, or a soup ingredient. Try pickling tomatillos in vinegar, salt, and sugar for an extra tangy taste. Turn tomatillos into jams, jellies, or chutneys for a sweeter approach.

The safest recipes and resources are those that have been researched and rigorously tested by the United States Department of Agriculture (USDA) and extension services associated with land-grant universities. Creating your own procedures and recipes could result in a hazardous product, since the pH range of tomatoes is on the borderline between acid and low-acid foods. Many home-preserved recipes are not tested for safety, so it is critical to use the resources below.

The University of Wyoming Extension recommends using canning recipes from the following approved food preservation sources. Canning directions and recipes dated prior to 2014 should not be used. Mass media and blog recipes, unless from extension programs or other approved sources, should also not be used.

The following are University of Wyoming approved food preservation sources:

- *Preserving Food in Wyoming*, University of Wyoming Extension (2024): <https://bit.ly/wyo-1210>
- *USDA Complete Guide to Home Canning* (revised 2015): <https://bit.ly/usda-canning>

- *Ball Blue Book Guide to Preserving*, 38th edition (2024)
- *New and Updated Ball Complete Book of Home Preserving* (2020 edition)
- *Ball Canning Back to Basics* (2017)
- *The All-New Ball Book of Canning and Preserving* (2016)
- *So Easy to Preserve*, 6th edition (2020 reprint)
- Commercial pectin recipes and manufacturer's instructions
- Other up-to-date extension publications

Visit the National Center for Home Food Preservation at <https://nchfp.uga.edu> for recipes and instructions on canning, freezing, drying, and pickling tomatillos.

For more information on food preservation, visit the University of Wyoming Nutrition and Food Safety website at <https://bit.ly/NFS-Food-Preservation>.

## Canning

Tomatillos can be safely processed in a boiling-water canner, steam canner, or pressure canner. When canning or pickling tomatillos, it is important to carefully follow the recipe directions to ensure a safe product.

There are several different ways in which tomatillos are canned at home. They can be canned as whole plain tomatillos using the hot-pack method (in which the food being canned is first boiled then placed into a sterilized jar). There isn't a raw-pack option (in which boiling water is poured over a "raw" food) because of the firmness of the fruit. Tomatillos can also be used in condiments such as home-canned salsas or relishes.

Tomatillos are considered acidic and are generally even more acidic than green tomatoes. According to the U.S. Food and Drug Administration, a tomatillo has a pH of 3.8. However, because many factors impact the acidity level of tomatillos, the USDA recommends adding acid to all home-canned tomatillos and tomatillo products. A high acid level (pH of 4.6 or less)

prevents the growth of the *Clostridium botulinum* bacteria, which causes botulism.

When canning, you must know your altitude, since altitude affects processing times and pressures. Processing times in most recipes are based on elevations from sea level to 1,000 feet. Do not use normal processing times if you live at an altitude above 1,000 feet.

Water boils at lower temperatures as altitude increases due to decreased atmospheric pressure. These lower boiling temperatures are less effective for killing bacteria. You must increase either the processing time or canner pressure to make up for lower boiling temperatures. Use publications based on the United States Department of Agriculture (USDA)-approved guidelines to select the proper processing time and canner pressures for your altitude.

When canning foods at home, adjustments must be made to ensure the safe processing of home-canned foods.

- For foods processed in a boiling water canner, extra time must be added.
- For foods processed in a pressure canner, extra pressure must be added.

Detailed information on altitude adjustments for canning specific foods is available on the National Center for Home Food Preservation website at <http://nchfp.uga.edu/>.

## Pickling

The proportion of vinegar to water is critical when pickling. Do not change vinegar, food, or water measurements in a recipe or use vinegar with unknown acidity. Use only recipes with tested quantities of ingredients. There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulism bacteria.

All pickled products should be processed in a boiling water canner to ensure a product that will not spoil. Detailed information on altitude adjustments for canning specific foods is available on the National Center for Home Food Preservation website at <http://nchfp.uga.edu/>, or you can ask your county Extension office for time adjustments if you live above 1,000 feet.



## Freezing

Fresh or cooked tomatillos can be frozen. Peel the husk, rinse, and dry the tomatillos. Place fresh tomatillos in a single layer on a baking sheet, freeze until completely frozen, then transfer them to sealable plastic freezer bags. You can also slice, chop, or puree tomatillos before freezing. Roasted tomatillos can also be frozen. Place tomatillos in a sealable plastic freezer bag or an airtight freezer-safe container. Use the tomatillos within one year for the best quality.

## Drying

Vegetables can be preserved by drying. They can be dried in a food dehydrator or oven using the right combination of warm temperatures, low humidity, and air currents. The optimum temperature for drying food is 140°F. Drying is not a precise method of food preservation, and the amount of drying time will vary depending on the equipment, moisture content of the tomatillos, and humidity in the air. Oven drying may take up to twice as long as a dehydrator. Vegetables are dried until they are brittle. Only 10% moisture remains at this stage, and no microorganisms can grow.

Dry tomatillos using the instructions for sliced tomatoes. To prepare tomatillos for drying, remove the paper husk. Wash in cool water to remove soil and chemical residues. No peeling or blanching is necessary. Trim out the core and cut crosswise into ¼- to ⅜-inch slices. Keep pieces uniform in size so they will dry at the same rate. A food slicer or food processor can be used. Prepare only as many as can be dried at one time.

Arrange the slices in a single layer on the dehydrator trays. Turn on the dehydrator, and set the temperature between 125°F and 140°F (or per your dehydrator's instructions). Dry for up to 12 hours or until brittle. Cool, dried tomatillos should be stored in labeled glass jars or moisture-proof containers in a cool, dark, dry place. They will keep for a year. Containers should be filled as full as possible without crushing.

For drying instructions, visit the National Center for Home Food Preservation at [nchfp.uga.edu](http://nchfp.uga.edu). Alternatively, refer to *So Easy to Preserve*, sixth edition, reprinted 2020, page 351.

## NUTRITION

According to the U.S. Department of Agriculture (USDA), one medium (34 grams) raw tomatillo is about 92% water. It provides 11 calories, 2 grams of carbs, .3 grams of protein, and .3 grams of fat, along with .7 grams of fiber.

Tomatillos provide vitamin A, vitamin C, and potassium. They provide several other micronutrients in smaller doses.

## SOURCES

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Roasted Tomato and Tomatillo Salsa

# APPETIZERS

Cooking It Up!

*From  
The  
Tomato  
Vine  
& Tomatillos*

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# ROASTED CHERRY TOMATO CREAM CHEESE APPETIZER

Prep time: 3 minutes

Cook time: 20 minutes

Total time: 23 minutes

Servings: 2 cups

2 cups (1 pint) red or yellow cherry tomatoes

3 tablespoons olive oil

1 tablespoon onion salt

8 ounces cream cheese, softened

½ cup (2 ounces) Parmesan cheese, shredded

1 teaspoon salt

1 teaspoon pepper

Crackers or toasted baguette slices

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 400°F.
- 3 Lightly wash the tomatoes, remove stems, and pat dry. Place on a rimmed baking sheet or roasting pan, drizzle with the olive oil, and sprinkle with the onion salt. Toss to coat.
- 4 Roast the tomatoes for 15–20 minutes or until soft. Allow them to cool.
- 5 When cool, in a bowl, mix together the softened cream cheese, Parmesan cheese, salt, and pepper. Gently mash the roasted tomatoes and fold them into the cheese mixture.
- 6 Chill for at least an hour before eating. Serve with crackers or toasted baguette slices.



# TOMATO BACON CUPS

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Servings: 2½ dozen

Miniature muffin tin

1 small tomato, finely chopped

1 small onion, finely chopped

½ cup mayonnaise

½ cup real bacon bits or crumbles,  
cooked

½ cup (2 ounces) Swiss cheese,  
shredded

1 teaspoon dried basil

1 (12-ounce) tube refrigerated buttermilk  
biscuits, separated into 10 biscuits

- 1 Wash hands with soap and water for 20 seconds,
- 2 Preheat oven to 450°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 In a large bowl, combine the tomato, mayonnaise, bacon, cheese, onion, and basil. Set aside.
- 5 Split each biscuit into three layers. Press each layer into an ungreased miniature muffin cup.
- 6 Divide tomato mixture evenly among muffin cups. Fill level with dough.
- 7 Bake for 8–10 minutes or until golden brown. Serve warm.



# CAPRESE SKEWERS

Prep time: 15 minutes

Total time: 15 minutes

Servings: 4

Mini skewers

24 cherry tomatoes

12 mini mozzarella balls

24 fresh basil leaves

Extra-virgin olive oil, for drizzling

Balsamic reduction glaze, for drizzling

Salt and freshly ground black pepper,  
to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce.
- 3 Thread the tomatoes, mozzarella, and basil onto mini skewers.
- 4 Drizzle with olive oil and balsamic reduction and sprinkle with salt and pepper.



# TOMATILLO SALSA

Prep time: 10 minutes

Total time: 10 minutes

Servings: 6

5 tomatillos, husks removed, washed, and cut into chunks

½ cup white or yellow onion, chopped

2 large poblano peppers, seeded and chopped (see Note)

1 clove garlic, smashed and peeled

1 (about 2 tablespoons) lime, juiced

½ cup cilantro leaves

¼ teaspoon kosher or table salt

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Place all ingredients into the bowl of a food processor or blender.
- 4 Pulse until the tomatillo salsa reaches the desired consistency, then taste and adjust the seasoning as necessary.

**Note:** Leave seeds in recipe for a spicier salsa.



# BAKED FETA WITH CHERRY TOMATOES

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Prep time: 5 minutes

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Cook time: 25 minutes

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Total time: 30 minutes

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Servings: 4

1 pound (16 ounces) cherry tomatoes

1 tablespoon garlic, minced

1 small shallot, thinly sliced

Handful fresh basil and oregano leaves, chopped

4 tablespoons olive oil, divided

Red pepper flakes, to taste

Flaky sea salt, to taste

Fresh cracked black pepper, to taste

1 (7-ounce) block feta or container of crumbled feta cheese

Bread for serving

- 1 Wash hands with soap and water for 20 seconds.
- 2 Place one rack in the middle of the oven. Place another rack on the very top groove, close to the broiler. Preheat the oven to 400°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Pour 2 tablespoons oil into an 8- or 9-inch baking dish. Add the tomatoes, garlic, shallots, and pepper flakes. Sprinkle with salt and pepper to taste. Toss to coat.
- 5 If using a block of feta, crumble it into small pieces. Sprinkle crumbled feta around the tomatoes. Drizzle with the remaining 2 tablespoons of olive oil. Crack more pepper over the top to taste.
- 6 Place the pan on the oven's middle rack for 20 minutes. After 20 minutes, transfer the baking dish to the top rack and switch to the oven's broiler setting. Broil on high for approximately 5 minutes; keep an eye on it so it doesn't burn. While the tomatoes broil, place slices of bread on the lower rack in the oven.
- 7 When the tomatoes are blistered to your liking, remove the pan from the oven. Toss in a handful of fresh herbs and stir gently to combine.
- 8 Serve with slices of warm bread.



# TOMATO TART WITH PUFF PASTRY

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Servings: 16 squares



Parchment paper

2 cups (1 pint) cherry or grape tomatoes, cut in half

1 (8–9 ounce) sheet frozen puff pastry dough, thawed

1 large egg, mixed with 1 tablespoon water (egg wash)

2 teaspoons Dijon mustard

1 cup (4 ounces) Gruyère cheese, grated

½ cup (2 ounces) fresh Parmesan cheese, grated

½ cup (2 ounces) mozzarella cheese, grated

1 tablespoon Dijon mustard

Salt and black pepper, to taste

## Dressing

2 tablespoons fresh parsley, minced

½ teaspoon garlic, minced

1½ teaspoons Italian dressing

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Unfold the thawed puff pastry sheet and set it on the parchment. Stretch or roll it to about 14x14 inches and ⅓-inch thick. Using a knife, create a 1" border indentation around the edge of the rectangle, being extremely careful not to cut all the way through the dough. Prick the dough with a fork over the entire pastry sheet except the border.
- 5 Spread a very thin layer of mustard over the inside surface. Brush the border with the egg wash. Wash hands with warm running water and soap after handling raw eggs. Clean all surfaces and utensils touched by raw eggs.
- 6 Bake for 18 minutes until golden brown. If pastry is puffed up in the middle, gently press it down.
- 7 Squeeze handfuls of the tomato halves over the sink to remove most of the juice and seeds to prevent the tart from becoming soggy. Place the tomatoes in a bowl. Add the dressing ingredients and salt and pepper to taste. Mix the ingredients together. Taste and add a pinch of sugar if needed.
- 8 Sprinkle the cheese over the pre-baked tart inside the border.
- 9 Place the tomatoes on top of the cheese in a single layer, cut side up.
- 10 Return to the oven and bake the tart for another 12–15 minutes. The crust should be flaky and golden.
- 11 Remove from oven, transfer to a cutting board, and cut into 16 squares with a sharp knife. The tart is best served warm but can also be served at room temperature.

# ROASTED TOMATO AND TOMATILLO SALSA

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Servings: 6 (about 3 cups)

Foil

Food processor or blender

Optional: food-safe gloves

6 medium tomatillos, husked

3 medium Roma tomatoes

2–3 large cloves garlic, unpeeled

1–2 large serrano or jalapeño chiles with stems

¼ white onion, diced

1 teaspoon kosher salt

1 tablespoon cilantro leaves, minced

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Turn on the fan over the stove. Line a large cast-iron skillet with a piece of foil and set over high heat.
- 4 Place the tomatillos, tomatoes, garlic, and chiles directly on the foil and roast without moving too often until the garlic is just softened, the chile has streaks of char and is softened, the tomatoes have a good char on all sides, and the tomatillos are soft and starting to bubble. It should take about 20–25 minutes total. As each is cooked, remove from the pan and set aside to cool. The garlic will be done first, and the tomatoes will take the longest.
- 5 When the tomatoes are well blackened and begin to slump, return the tomatillos to the pan if were removed, carefully wrap the tomatoes and tomatillos in the foil (it will be hot; use oven gloves if necessary), lift out of the pan, and set aside until cooled.
- 6 Transfer to a food processor, along with any juices that run out as they cool. Leave the black bits; they add flavor!
- 7 Peel the garlic, destem the chile, and deseed if you'd like a milder salsa. Add to the food processor along with the onion and salt. Pulse until well combined and mostly smooth – you want some texture.
- 8 Add the cilantro last, pulse briefly, and add more salt if needed.





Tomato Cucumber Salad

# SALADS

Cooking It Up!

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# TOMATO CUCUMBER SALAD

Prep time: 15 minutes

Total time: 15 minutes

Servings: 8

2 cups (1 pint) grape tomatoes, sliced in half

1 English cucumber, sliced

½ medium red onion, thinly sliced

## Dressing

¼ cup olive oil

⅛ cup balsamic vinegar

½ tablespoon lemon juice

½ teaspoon sugar

½ teaspoon Italian seasoning

½ tablespoon garlic, minced

½ teaspoon kosher salt

¼ teaspoon black pepper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Place tomatoes, cucumbers, and onions in a large bowl, and set aside.
- 4 In a mixing cup or small bowl, add oil, vinegar, lemon juice, sugar, Italian seasoning, garlic, salt, and pepper. Using a whisk, blend until well mixed.
- 5 Pour dressing over tomatoes, cucumbers, and onions. Toss salad.

# EASY TOMATO SALAD

Prep time: 20 minutes

Total time: 20 minutes

Servings: 4

½ cup red onion, chopped

2 cups (1 pint) cherry or grape tomatoes, halved

1 pound tomatoes (about 1 large, 2 medium, or 3 small), cut into bite-sized wedges

¼ cup fresh basil leaves, thinly sliced (or substitute parsley, dill, and/or chives)

2 tablespoons extra-virgin olive oil

2 tablespoons thick balsamic vinegar or balsamic glaze

½ teaspoon flaky sea or kosher salt, to taste

Freshly ground black pepper, to taste

## Optional Additions

½ English cucumber or 1 Persian cucumber, thinly sliced

Handful of baby arugula or baby spinach

1 ripe avocado, sliced or diced

1 torn large mozzarella ball, 1 cup mini mozzarella balls, or cubed part-skim mozzarella

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Fill a small bowl with ice water and add the chopped red onion. Soaking it will tame its flavor and make it more crisp. Set aside.
- 4 Spread the tomato wedges over a large serving platter to assemble the salad. Drain the onions well, and layer about a third of the onions on top. Add half of the cherry tomatoes, followed by a layer of any optional additions, followed by another third of the onions. Finish with the remaining cherry tomatoes, followed by the remaining onions, and sprinkle the basil all over.
- 5 Drizzle the oil over the salad, followed by the vinegar. Sprinkle the salt and black pepper on top.
- 6 Serve promptly. This salad is best consumed within a couple of hours, but leftover salad will be kept in the refrigerator, covered, for 4 days.





# TOMATO PASTA SALAD WITH SPINACH

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Prep time: 20 minutes

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Total time: 20 minutes

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Servings: 8

4 cups baby spinach

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2 cups (1 pint) grape tomatoes, halved

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½ small (⅓ cup) red onion, thinly sliced  
and cut into 1-inch pieces

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4 cloves garlic, minced

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8 ounces mini or regular penne pasta

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⅓ cup olive oil

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¼ cup white or traditional balsamic  
vinegar

---

1 teaspoon kosher salt

---

1 teaspoon freshly ground black pepper

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- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry all produce. Prepare as directed.
- 3** Bring a large pot of water to a boil, along with 1 tablespoon of kosher salt. Cook the pasta according to the package directions. Drain, but do not rinse.
- 4** While the pasta is cooking, place the onions and garlic in a large mixing bowl. Add the oil and vinegar to cover the onions.
- 5** When the pasta has been drained, add it to the mixing bowl and toss well. Add the tomatoes and spinach.
- 6** Toss everything together to mix well and sprinkle generously with salt and pepper. Taste the salad and add more salt and pepper, as needed.





# SHOEPEG CORN SALAD

Prep time: 20 minutes

Total time: 20 minutes

Servings: 8

1 cucumber, seeded and chopped

3 Roma tomatoes, seeded and chopped

6 green onions, white and green parts, chopped

3 (11-ounce) cans white shoepeg corn, drained well

2–3 tablespoons pimentos or jarred roasted red peppers, diced

## Dressing

$\frac{3}{4}$  cup mayonnaise

2 tablespoons red wine vinegar

1 tablespoon sugar

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 In a large mixing bowl, combine dressing ingredients, whisking to combine well.
- 4 To bowl, add corn, cucumber, tomatoes, pimentos, and green onions; toss to coat.
- 5 Chill salad for 4–6 hours before serving.



# SMOKY CHIPOTLE GRILLED CORN SALAD WITH FETA AND TOMATILLO

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Prep time: 5 minutes

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Cook time: 5 minutes

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Total time: 10 minutes

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Servings: 4

3 ears (1½ cups) corn

10 tomatillos, husks removed and diced

1 red onion, diced

1 bunch cilantro leaves, chopped

⅛ cup (2 tablespoons) extra-virgin olive oil

⅛ cup (2 tablespoons) fresh lime juice

½ teaspoon ancho powder

½ teaspoon ground cumin

⅓ cup feta cheese, crumbled

Salt and freshly ground black pepper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Preheat a grill or grill pan over medium-high heat. Grill the corn. Once charred, remove from the grill. Cool, then cut the kernels off of the cobs.
- 4 In a large bowl, add the grilled corn kernels and the remaining ingredients. Toss and season to taste with the salt and pepper.

# BBQ RANCH CHICKEN SALAD

Prep time: 10 minutes

Total time: 10 minutes

Servings: 4

6–8 cups romaine lettuce or other fresh greens

10 ounces grape tomatoes, halved

1 cup cucumber, chopped

1 cup red bell pepper, seeded and chopped

1 cup yellow bell pepper, seeded and chopped

1 (15-ounce) can corn, drained, or cooked frozen corn (see Note)

1 red or sweet onion, sliced thin or diced

1 (15-ounce) can black beans, drained and rinsed

2 cups cooked chicken, shredded or cubed

1 cup (4 ounces) cheddar cheese, grated

¼ cup fresh cilantro leaves, chopped

Corn chips, tortilla chips, or tortilla strips

## Dressing

¼ cup ranch dressing

¼ cup spicy barbecue sauce



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Combine lettuce, tomatoes, cucumber, bell peppers, corn, onion, black beans, chicken, and cheese in a large bowl or on a platter.
- 4 Stir barbecue sauce into ranch dressing.
- 5 Serve dressed or with dressing on the side.
- 6 Top with corn chips.

**Note:** cook frozen corn according to packet instructions.

# WATERMELON AND TOMATILLO SALAD

---

Prep time: 20 minutes

---

Total time: 20 minutes

---

Servings: 6

Optional: food-safe gloves

.....  
2½ pounds watermelon, cut into 1-inch pieces and chilled

.....  
5 tomatillos, husks removed, washed, hulled, and sliced

.....  
1 shallot, chopped

.....  
1 jalapeño, seeded and chopped

.....  
2–5 large mint leaves, chopped

.....  
1 (5-ounce) container feta cheese, crumbled

.....  
¼ cup Italian dressing

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 3 In a large bowl, combine the watermelon, tomatillo, shallot, jalapeño, and mint leaves. Add dressing and toss to mix. Top with feta cheese.
- 4 Refrigerate salad for at least an hour before serving.

# CREAMY CUCUMBER, RADISH, AND TOMATO SALAD

Prep time: 15 minutes

Total time: 15 minutes

Servings: 6

1 large English cucumber, diced

2 cups (1 pint) cherry tomatoes, quartered

1 bunch radishes, diced

½ medium red onion, finely diced

1 tablespoon fresh chives, chopped, plus more for garnish

1 tablespoon fresh dill, chopped, plus more for garnish

½ cup mayonnaise

½ cup crumbled feta cheese

1 tablespoon lemon juice

¼ teaspoon salt

¼ teaspoon ground pepper



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry produce. Prepare as directed.
- 3 Whisk chives, dill, mayonnaise, cheese, lemon juice, salt, and pepper in a large bowl.
- 4 Add cucumber, tomatoes, radishes, and onion and toss to coat. Garnish with more chives and dill, if desired.



Rustic Tomato Vegetable Soup

# SOUPS

Cooking It Up!

*From  
The  
Tomato  
Vine  
& Tomatillos*

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# RUSTIC TOMATO VEGETABLE SOUP

Prep time: 15 minutes

Cook time: 40 minutes

Total time: 55 minutes

Servings: 6

10–12 (2 pounds) whole tomatoes,  
diced (see Note)

1 onion, diced

2 cloves garlic, minced

3 carrots, finely diced

2 celery ribs, finely diced

2 cups green beans, cut into 1-inch  
pieces

1 large russet potato, peeled and diced

2 cups cauliflower florets, diced

1½ cups baby spinach

1 tablespoon extra-virgin olive oil

1½ teaspoons fine sea salt

½ teaspoon ground black pepper

2 teaspoons dried oregano

1 teaspoon dried basil

½ teaspoon garlic powder

½ teaspoon onion powder

**1** Wash hands with soap and water for 20 seconds.

**2** Wash and dry all produce. Prepare as directed.

**3** Heat oil over medium heat in a Dutch oven. Once hot, add onion and garlic and cook for 3 minutes, until beginning to soften.

**4** Add in carrots and celery and let cook over medium heat for 8–10 minutes until soft and fragrant, occasionally stirring.

**5** Add salt, pepper, oregano, basil, garlic powder, onion powder, red pepper flakes, tomato paste, and diced tomatoes, and cook for 1–2 minutes.

**6** Add broth. Bring to a boil, then reduce heat.

**7** Add green beans, potato, cauliflower, and kidney beans. Simmer for 25 minutes, or until the vegetables are cooked through.

**8** Add in more broth for the desired soup consistency. Add in spinach and let simmer until cooked through.

**9** Taste and adjust seasoning. Serve warm with a sprinkle of Parmesan cheese.

Optional: Pinch of red pepper flakes

¼ cup tomato paste

3 cups chicken or vegetable stock, plus  
more as needed

Optional: 1 (15-ounce) can kidney  
beans, drained

Parmesan cheese, to garnish

**Note:** If desired, peel tomatoes prior to dicing. Core tomatoes at the stem end, then cut a small “X” in the bottom with a paring knife. Drop the tomatoes a few at a time into boiling water for 30–60 seconds, then transfer them to a bowl of ice water. Once they’ve cooled, the skins will easily slip off the tomatoes.





# CREAMY ROASTED TOMATO BASIL SOUP

Prep time: 10 minutes

Cook time: 50 minutes

Total time: 60 minutes

Servings: 6

Immersion blender or blender

18 (3–4 pounds) Roma tomatoes,  
halved

1–2 ounces fresh basil

2 tablespoons olive oil

2 tablespoons garlic, minced, or 3–5  
whole garlic cloves

5–6 cups low-sodium vegetable broth

1 cup cream or whole milk

- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry all produce. Prepare as directed.
- 3** Preheat oven to 450°F.
- 4** Add oil to a 9x13-inch baking pan. Set aside.
- 5** Put tomatoes in baking pan, cut side down. Add garlic to the pan.
- 6** Roast for 30–40 minutes or until tomatoes are juicy and the skins are lightly browned and peeling off.
- 7** In a large pot, add tomatoes (with skins, seeds, and juice) and broth.
- 8** Bring soup to a boil then reduce to a simmer. Simmer for 5 minutes.
- 9** Add basil and simmer for another 1–2 minutes.
- 10** Blend.
  - a. Immersion Blender
    - i. Remove soup pot from the heat.
    - ii. Blend until the soup is creamy.
  - b. Blender
    - i. Remove soup pot from the heat and allow soup to cool slightly.
    - ii. Add soup to the blender a few cups at a time and blend carefully. Do not fill the blender more than half full to avoid overfilling.
    - iii. Once the soup has been completely blended, add it back to the soup pot.
- 11** Return the soup to the stove. Heat on low.
- 12** Add in cream or milk and stir until completely incorporated.
- 13** Heat for another 1–2 minutes, then serve.



# ITALIAN SAUSAGE TORTELLINI SOUP

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Servings: 4

10–12 (2 pounds) tomatoes, diced (see Notes)

2 red bell peppers, diced

1½ cups kale or spinach, chopped

1 small onion, diced

3 cloves garlic, minced

¼ cup fresh basil, chopped

1 pound Italian sausage, rolled into ¾ teaspoon size balls

1 tablespoon olive oil

1 bay leaf

½ teaspoon red pepper flakes

8 cups vegetable or chicken broth

2 cups cheese tortellini, fresh or frozen

Salt and black pepper, to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 In a large skillet, brown the sausage balls until cooked through. This will take about 5–7 minutes. Drain off the fat and place the sausage balls on a plate lined with paper towels. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 4 In a large pot, heat the olive oil over medium-high heat. Add the onion and cook until tender, 3–4 minutes. Stir in the garlic and cook for 2 minutes. Stir in the red peppers, bay leaf, and red pepper flakes. Cook until peppers are soft, about 3 minutes.
- 5 Stir in the broth, tomatoes, and kale (if using spinach, it will be added later). Add the cheese tortellini and cook until the tortellini is tender, 7–8 minutes.
- 6 If using spinach, add it and basil. Season with salt and pepper to taste.
- 7 Stir in the mini sausage balls and heat until warm.
- 8 Remove the bay leaf and serve.

## Notes:

If desired, peel tomatoes prior to dicing. Core tomatoes at the stem end, then cut a small “X” in the bottom with a paring knife. Drop the tomatoes a few at a time into boiling water for 30–60 seconds, then transfer them to a bowl of ice water. Once they’ve cooled, the skins will easily slip off the tomatoes.

Make this soup vegetarian using vegetable broth and omitting the sausage.

# SLOW COOKER SALSA VERDE CHICKEN POZOLE

Prep time: 15 minutes

Cook time: 6 hours

Total time: 6 hours 15 minutes

Servings: 4

10 tomatillos, husks removed, washed,  
and halved

2 poblano peppers, seeded

1 jalapeño, stemmed and seeded

1 bunch cilantro leaves, plus some  
reserved for garnish

Sliced radish, for garnish

1 tablespoon dried oregano

Salt, to taste

4 cups chicken broth, divided

2 (15-ounce) cans hominy, drained and  
rinsed

2 boneless skinless chicken breasts or  
4–6 boneless thighs

Optional: chili powder and/or red  
pepper flakes

Queso fresco cheese, for garnish



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 3 Place the tomatillos, poblano peppers, jalapeño, oregano, salt, cilantro, and 2 cups chicken broth into a blender or food processor and purée.
- 4 Transfer the tomatillo mixture to the slow cooker and add the hominy, the 2 remaining cups of chicken broth, and the chicken. For more spice, add in the chili powder and/or red pepper flakes. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 5 Cover and cook on high for 4–6 hours.
- 6 Remove the chicken and shred or chop as desired. Return to the slow cooker and stir.
- 7 Divide evenly among bowls and enjoy topped with a bit of cilantro, queso fresco, and sliced radish.



# ITALIAN SAUSAGE AND TOMATO SOUP

Prep time: 20 minutes

Cook time: 35 minutes

Total time: 55 minutes

Servings: 6

5–6 (1 pound) whole tomatoes, diced  
(see Note)

1 large onion, cut into chunks

4 cloves garlic, chopped

2 carrots, thinly sliced

1 tablespoon olive oil

1 (16-ounce) package bulk Italian turkey  
sausage

1 pinch Italian seasoning, or to taste

Salt and ground black pepper to taste

1 (15-ounce) can cannellini beans,  
drained and rinsed

1 (14.5-ounce) can beef broth

½ (14.5-ounce) can chicken broth

1 (6.5-ounce) can tomato sauce

1–2 bay leaves

1 cup rigatoni pasta

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Heat olive oil in a large pot over medium heat. Add sausage to pan. Cook and stir until sausage is browned, about 5 minutes. Drain fat. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 4 Add onion and garlic, cooking and stirring until onion is tender, about 5 more minutes. Season with Italian seasoning, salt, and black pepper. Stir in carrots; cook and stir until carrots start to soften, 5–7 minutes.
- 5 Pour beans, diced tomatoes, beef broth, chicken broth, and tomato sauce into the turkey mixture. Stir in bay leaves. Continue to simmer until carrots are tender, about 5 minutes.
- 6 Add rigatoni pasta; cook and stir until pasta is cooked through but firm to the bite, about 13 minutes.

**Note:** If desired, peel tomatoes prior to dicing. Core tomatoes at the stem end, then cut a small “X” in the bottom with a paring knife. Drop the tomatoes a few at a time into boiling water for 30–60 seconds, then transfer them to a bowl of ice water. Once they’ve cooled, the skins will easily slip off the tomatoes.

# BEEF AND TOMATO MACARONI SOUP

Prep time: 15 minutes

Cook time: 8 hours

Total time: 8 hours 15 minutes

Servings: 8

15–18 (4 pounds) tomatoes, diced (see Note)

1 cup onion, diced

3 cloves garlic, minced

1½–2 pounds ground beef

6 cups very strong beef broth

3 tablespoons tomato paste

1½ tablespoons Worcestershire sauce

1–2 tablespoons brown sugar, to taste

1 teaspoon Italian seasoning

1–2 teaspoons chili powder

3 cups cooked elbow macaroni OR 2 cups dry macaroni

Salt and pepper, to taste

Optional: shredded cheddar cheese for topping

**Note:** If desired, peel tomatoes prior to using. Core tomatoes at the stem end, then cut a small “X” in the bottom with a paring knife. Drop the tomatoes a few at a time into boiling water for 30–60 seconds, then transfer them to a bowl of ice water. Once they’ve cooled, the skins will easily slip off the tomatoes.



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.

## Slow cooker

- 3 In a medium skillet, brown the ground beef, onion, and garlic until the ground beef is no longer pink. Drain the fat. If desired, rinse it with hot water to remove most of the fat and place it in a large slow cooker. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 4 Add the broth, chopped tomatoes, Worcestershire sauce, tomato paste, brown sugar (if using), Italian seasoning, and chili powder. Add more sugar and Worcestershire sauce to taste if needed. Place the lid on the slow cooker and cook on low for 8 hours.
- 5 When ready to serve, either add the dry macaroni and let cook for an additional 20–25 minutes *or* add cooked macaroni. Let the macaroni heat through, then serve.

## Pressure Cooker

- 6 Press the sauté button and fry the ground beef and onions until the beef is no longer pink. Add in the garlic. Fry for another minute or so. Drain the fat. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 7 Use the pressure cooker like the slow cooker, using the slow cook button and the instructions above, or,
- 8 Add in the remaining ingredients except for the macaroni. Cook on the SOUP setting for 10 minutes. Release the pressure manually.
- 9 Add the *dry* macaroni, (not cooked, or it will be mush!), then cook again for 10 minutes on the SOUP setting. Release manually with the quick release method (from the “sealed” position to the “venting” position) or with the natural pressure release where the pot cools down by itself until the float valve drops down.

- 10 Serve.

# CHILI WITH FRESH TOMATOES

Prep time: 20 minutes

Cook time: 1 hour

Total time: 1 hour 20 minutes

Servings: 8

Optional: food-safe gloves

8 cups tomatoes, chopped

2 red bell peppers, diced

1 large onion, diced

6 cloves garlic, minced

Optional: 1 jalapeño, minced

2 tablespoons butter

1½ pounds ground beef

1 teaspoon sea salt

½ teaspoon black pepper

2 teaspoons Italian seasoning

2 (15-ounce) cans chili beans, not drained

2 tablespoons chili powder

2½ teaspoons ground cumin

1 teaspoon smoked paprika

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed. If using jalapeño, prepare wearing food-safe gloves.
- 3 Melt butter in a large Dutch oven or stockpot over medium-high heat.
- 4 Add the onions and sauté until they begin to soften, approximately 5 minutes.
- 5 Add ground beef and garlic. Cook until the beef is browned. Drain the fat. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 6 Add the remaining ingredients, put the lid on, and reduce heat to a slow simmer.
- 7 Simmer for at least 1 hour.





Focaccia with Balsamic Marinated Tomatoes



# BREADS

Cooking It Up!

From  
The  
Tomato  
Vine  
& Tomatillos

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# CAPRESE BREAD

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes

Servings: 12 slices

1 (16 ounces) whole loaf bread  
(focaccia, pane rustico, pugliese, any  
rustic bread)

3 tablespoons olive oil

1 garlic clove, cut in half

10 ounces fresh mozzarella, thinly sliced

4–6 ripe tomatoes, sliced

1/3 cup basil leaves, thinly sliced

3 tablespoons balsamic reduction glaze

Coarse salt and pepper, to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Preheat the broiler. Split the loaf of bread lengthwise.
- 4 Brush each half of the bread with the olive oil.
- 5 Rub the cut side of the garlic clove all over each half of the bread.
- 6 Cover the surface of each half of the bread with the mozzarella slices. Place the bread on a sheet pan.
- 7 Broil on high for 4–5 minutes or until the cheese is melted. Watch carefully to make sure it doesn't burn!
- 8 Remove from the oven. Place the sliced tomatoes on top of the mozzarella layer.
- 9 Sprinkle the basil, salt, and pepper on top of the tomatoes. Drizzle the balsamic glaze over the top of the bread and serve immediately.



# FOCACCIA WITH BALSAMIC MARINATED TOMATOES

Prep time: 40 minutes

Cook time: 25 minutes

Total time: 1 hour 5 minutes

Servings: 16 slices

## Balsamic Marinated Tomatoes

2 cups (1 pint) grape tomatoes, halved or quartered

1 clove garlic, minced

2 tablespoons olive oil

1 tablespoon balsamic vinegar

¼ teaspoon salt

¼ teaspoon pepper

¼ teaspoon dried basil

## Focaccia Dough

1½ cup warm water

1 tablespoon yeast

3½ cups all-purpose flour (spoon and level to measure)

1¼ teaspoons salt

4 tablespoons olive oil, divided

- 1 Wash hands with soap and water for 20 seconds.
- 2 Prepare a 9x13-inch baking sheet by pouring 1 tablespoon olive oil on the sheet and spreading it along the bottom and sides. Set aside.
- 3 Wash and dry all produce. Prepare as directed.
- 4 In a medium-sized bowl, whisk together minced garlic, oil, vinegar, salt, pepper, and dried basil.
- 5 Toss the tomatoes into the balsamic marinade and allow to marinate for at least 30 minutes before using.
- 6 In a liquid measuring cup, stir together 1½ cups of warm (105–115°F) water and yeast until smooth.
- 7 In the bowl of a stand mixer, fitted with a hook attachment, add flour and salt.
- 8 Pour the yeast mixture into the flour mixture and add 3 tablespoons olive oil.
- 9 Stir the dough on low until combined, then crank it up to high for 1 minute.
- 10 Using a silicone spatula, remove the dough from the mixing bowl and drop it directly on the prepared baking sheet. Spread the dough to cover the base of the pan with the spatula. Wash hands with warm running water and soap after handling uncooked flour. Clean all surfaces and utensils touched by uncooked flour.
- 11 Cover the baking sheet with a clean dish towel and allow it to rise for 1 hour.
- 12 About 45 minutes into the rising, preheat the oven to 375°F.
- 13 After an hour, use your fingers to press holes into the dough. Do not press all the way through the dough; press fingertips in to make dents.
- 14 Drizzle the top of the dough with 1 tablespoon olive oil, and then scatter the marinated tomatoes on top. Press tomatoes into the dough and drizzle with 1–2 tablespoons balsamic marinade.
- 15 Bake for about 25 minutes until the dough is cooked through and a toothpick inserted in the center comes out clean or with a few crumbs.

# SPLICED TOMATO BREAD

Prep time: 5 minutes

Cook time: 1 hour

Total time: 1 hour 5 minutes

Servings: 12 slices

Non-stick spray

Parchment paper

2 loaf pans

Food processor or blender

5 cups tomato, cut into chunks

1 tomato, ¼-inch slices

4 cups flour (spoon and level to measure)

2½ cups sugar

2 teaspoons cinnamon

1 teaspoon allspice

1 teaspoon nutmeg

1¼ teaspoons baking soda

1 teaspoon baking powder

1 teaspoon salt

2 large eggs

1 (½ cup) stick butter, melted

2 teaspoons vanilla extract

1 cup dried cranberries

Optional: ½ cup pecans, chopped



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Coat two 9x5-inch loaf pans with non-stick spray and line the bottoms with parchment paper.
- 3 Wash and dry all produce. Prepare as directed.
- 4 In a large bowl, combine the flour, sugar, spices, baking powder, baking soda, and salt. Stir together until well combined.
- 5 Put the eggs, melted butter, vanilla, and tomato chunks in the bowl of a food processor or blender and pulse 2–3 times until the tomato has broken down. You want some pieces of tomato.
- 6 Add the tomato mixture to the dry ingredients and fold together with a spatula until the flour has almost disappeared. Wash hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Add the cranberries and nuts, if using, and continue to fold until everything is combined. Be careful not to overmix it.
- 8 Split the batter equally between the two loaf pans. Use the spatula to spread the batter and then top with tomato slices.
- 9 Bake in the center of the oven for 50–60 minutes until a toothpick inserted into the center of the bread comes out clean or with a few crumbs.
- 10 Cool for 10–15 minutes in the pans and then carefully turn out onto a wire rack to completely cool.

# TOMATO BREAD PUDDING

Prep time: 20 minutes

Cook time: 40 minutes

Total time: 1 hour

Servings: 6



Non-stick spray

Food processor or blender

10–12 (2 pounds) tomatoes, peeled, halved, cored, and seeded

1 teaspoon garlic, minced

½ teaspoon salt

½ teaspoon sugar

1 pinch freshly ground black pepper

4 cups day-old or stale baguette bread, cut into ¾-inch cubes

4 tablespoons unsalted butter, melted

¼ cup (1 ounce) Parmesan cheese, grated



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 400°F with the oven rack in the center position.
- 3 Coat a 9x13-inch casserole dish with non-stick spray.
- 4 Wash and dry all produce. Prepare as directed.
- 5 Using a food processor or blender, pulse the tomato halves, garlic, salt, sugar, and pepper until coarsely puréed.
- 6 Place the bread cubes in the prepared dish and drizzle with the melted butter to coat.
- 7 Top with the tomato purée and gently mix to distribute.
- 8 Bake for 30 minutes or until crusty and golden brown.
- 9 Sprinkle the Parmesan cheese on top and bake for 10 additional minutes.
- 10 Let cool for 5 minutes before serving.

# FRESH TOMATO BREAD

---

Prep time: 15 minutes

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Cook time: 1 hour 5 minutes

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Total time: 1 hour 20 minutes

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Servings: 1 loaf

---

Non-stick spray

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Loaf pan

---

5–6 (1 pound) fresh ripe tomatoes

---

Large handful of fresh basil and oregano, chopped

---

3 teaspoons garlic, minced

---

3 cups all-purpose flour (spoon and level to measure)

---

1½ teaspoons baking powder

---

1 teaspoon baking soda

---

1 teaspoon salt

---

1 large egg

---

½ cup vegetable oil

---

⅓ cup milk

---

1 cup (4 ounces) cheddar cheese, grated

---

½ cup (2 ounces) Parmesan cheese, grated

---



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F.
- 3 Coat a 9x5-inch loaf pan with non-stick spray.
- 4 Wash and dry all produce. Prepare as directed.
- 5 In a large mixing bowl, whisk together flour, baking powder, baking soda, and salt.
- 6 Stir in the egg, oil, and milk, followed by the grated cheese. The mixture will be very thick. Wash hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Combine the minced garlic, tomatoes, basil, and oregano in a food processor or blender. Using a series of 10–15 1-second pulses, chop the ingredients until no large pieces remain, but the mixture is not completely smooth.
- 8 Fold the tomato and garlic mixture into the batter. The resulting batter will still be thick but should be fully moist. If dry patches of flour remain, stir in an additional 2–3 tablespoons milk.
- 9 Pour the batter into the prepared loaf pan. Bake for 50–60 minutes or until a toothpick inserted into the center of the bread comes out clean or with a few crumbs.
- 10 Cool in pan for 10 minutes, then turn out onto a wire rack to continue cooling.
- 11 Serve warm.

# SPANISH TOMATO BREAD (PAN CON TOMATE)

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

Servings: 1 loaf



2–3 ripe paste tomatoes (Roma, plum, San Marzano, Amish Paste, etc.)

1 good quality long artisanal bread loaf with an open crumb, such as ciabatta

Optional: 1 garlic clove, peeled and cut in half (see Note)

Good quality olive oil

Salt

Optional: freshly ground black pepper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Turn the oven to a high broil. Position a rack about 6 inches away from the heat source.
- 3 Wash and dry produce.
- 4 If using a long flat loaf of bread, slice the bread loaf in half lengthwise then into pieces about 2.5 inches wide or desired width. If using a round loaf, slice it normally as you would for a sandwich—not too thick or thin.
- 5 Lightly toast the bread in the oven until it is lightly golden brown.
- 6 Optional: lightly rub each toasted bread slice with the cut side of raw garlic. Roasted garlic may also be spread over the bread, although using raw is traditional.
- 7 Slice the tomatoes in half horizontally. Rub the tomatoes on the toasted bread, being sure to get as much pulp on the bread as possible and cleaning the tomatoes down to the skin. You don't need a thick layer of tomato on each slice of bread; once the slice is moistened all over with bits of pulp clinging to it, move on to the next slice. Half of a tomato should last for several slices of bread.
- 8 Drizzle each slice of bread with a bit of olive oil to taste, and then sprinkle with salt. Optional: add a sprinkling of pepper.
- 9 Serve immediately.

**Note:** An alternative method for the tomatoes is to slice a small part at the very tip of the tomatoes and grate the tomatoes over the large holes of a box grater. Discard the peels, then spread the grated tomatoes over the bread.

# HONEY CARAMELIZED TOMATO CORNBREAD

Prep time: 5 minutes

Cook time: 45 minutes

Total time: 50 minutes

Servings: 1 loaf

Non-stick spray

Parchment paper

9-inch cake pan

1½ cups cherry or grape tomatoes, halved

9 tablespoons melted butter, divided

1 tablespoon honey

1¼ cup yellow cornmeal

1 cup all-purpose flour (spoon and level to measure)

1½ teaspoon salt

2 teaspoons baking powder

¾ teaspoon baking soda

¼ cup sugar

2 large eggs

1 cup buttermilk

1 cup corn kernels



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 350°F. Adjust the rack to the middle position.
- 3 Coat a 9-inch round cake pan with non-stick spray or cover with a piece of parchment paper, cut to fit the bottom of the pan.
- 4 Wash and dry tomatoes. Prepare as directed.
- 5 In a small bowl or measuring cup, stir together 3 tablespoons melted butter with 1 tablespoon honey. Pour this into prepared pan. Add the tomatoes.
- 6 In a large bowl, whisk together the cornmeal, flour, salt, baking powder, baking soda, and sugar.
- 7 In a medium bowl, combine the eggs, buttermilk, and 6 tablespoons melted butter. Pour this mixture into the bowl with the dry ingredients and stir until combined. Stir in the corn.
- 8 Pour the batter into the pan with the tomatoes.
- 9 Bake cornbread until set in the middle, lightly golden brown around the edges, and a toothpick inserted in the center comes out clean or with a few crumbs, about 45–55 minutes.
- 10 Let the cornbread cool for 15 minutes before running a knife around the edges and transferring it to a rack or plate to cool. If parchment was used, peel it off to allow the bread to cool.



# SPICY TOMATILLO CORNBREAD

Prep time: 40 minutes

Cook time: 30 minutes

Total time: 1 hour 10 minutes

Servings: 20

Optional: food-safe gloves

Foil

Non-stick spray

Blender

2 poblano peppers, one whole and one halved, stemmed and seeded

2 jalapeño peppers, one whole and one halved, stemmed and seeded

4–6 small (8 ounces) tomatillos, husked and sliced in half

½ cup cilantro leaves, loosely packed

½ medium white onion, peeled

1 cup yellow cornmeal

1 cup flour (spoon and level to measure)

½ teaspoon ground cumin

½ cup buttermilk

½ cup sugar

5 tablespoons unsalted butter, melted

2 teaspoons salt

2 teaspoons baking powder

1 teaspoon baking soda

1 large egg, lightly beaten

1 cup (4 ounces) Monterey Jack cheese, shredded



- 1 Wash hands with soap and water for 20 seconds.
- 2 Set the oven to a high broil, with the rack about 6 inches away from the heat source.
- 3 Line a baking sheet with foil.
- 4 Wash and dry all produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 5 Roast whole poblano pepper, whole jalapeño pepper, and half onion, turning occasionally, until evenly blistered and blackened in some spots, 10–12 minutes.
- 6 Remove from the oven and carefully gather the edges of the foil to enclose the roasted peppers and onion.
- 7 Allow to cool completely, then peel off the charred skin and stem. Seed and finely chop the whole peppers, and then finely chop the onion. Set aside.
- 8 Change the oven setting to 350°F. Coat an 8-inch square baking dish with non-stick spray.
- 9 In a medium bowl, whisk together the cornmeal, flour, sugar, salt, baking powder, baking soda, and cumin.
- 10 In a blender, purée the halved poblano and jalapeño peppers, buttermilk, cilantro, melted butter, tomatillos, and egg until smooth.
- 11 Slowly mix the liquid with the dry ingredients. Add the chopped roasted peppers, onion, and cheese.
- 12 Pour the batter into baking dish and smooth the top with a spatula.
- 13 Bake for 30 minutes, or until golden brown and a toothpick inserted in the center comes out clean or with a few crumbs.
- 14 Let cool completely before serving.



Fusilli Pasta with Spinach, Tomato, and Bacon

# MAIN DISHES

## Cooking It Up! From The Tomato Vine & Tomatillos

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# ROASTED TOMATO QUICHE

Prep time: 20 minutes

Cook time: 1 hour 15 minutes

Total time: 1 hour 35 minutes

Servings: 6

Foil

9-inch deep-dish pie plate

3 medium (1½ pounds) assorted tomatoes, seeded and sliced ¼ inch thick

½ cup red onion, chopped

½ (14.1-ounce) package refrigerated pie crusts, at room temperature

All-purpose flour

4 large eggs

1 cup whole milk

1 teaspoon kosher salt

¼ teaspoon garlic powder

¼ teaspoon black pepper

1¼ cups (5 ounces) Colby-Jack cheese, shredded, divided

¾ cup (8 slices) cooked and crumbled bacon, divided

Green onions, chopped

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F with rack in lower third position. Line a large rimmed baking sheet with foil.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Arrange tomatoes in a single layer on a baking sheet. Bake in oven until lightly browned around the edges, about 30 minutes. Set aside. Do not turn oven off.
- 5 Cook the bacon. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 6 While tomatoes are baking, roll out dough on a lightly floured work surface into a 12-inch round. Place in an ungreased 9-inch deep-dish pie plate, pressing dough into the bottom and sides of the pie plate. Fold excess dough under edges and crimp as desired. Freeze until crust is cold and filling is ready to use, 5–15 minutes.
- 7 Whisk together eggs, milk, onion, salt, garlic powder, pepper, 1 cup cheese, and ½ cup the bacon in a large bowl until combined. Pour into prepared crust. Wash hands with warm running water and soap after handling raw eggs. Clean all surfaces and utensils touched by raw eggs.
- 8 Bake at 350°F until filling is partially set, about 25 minutes. Carefully top evenly with tomato slices, ¼ cup cheese, and ¼ cup bacon. Bake until filling is set and crust is golden brown, about 20 minutes.
- 9 Let cool slightly on a wire rack for about 30 minutes.
- 10 Garnish with chopped green onions; serve warm.



# FUSILLI PASTA WITH SPINACH, TOMATO, AND BACON

Prep time: 20 minutes

Cook time: 45 minutes

Total time: 1 hour 5 minutes

Servings: 4

Foil

4 cups (4 ounces) baby spinach,  
roughly chopped

1 cup cherry tomatoes, halved

2 tablespoons fresh flat-leaf parsley,  
chopped

6 thick-cut bacon slices

12 ounces uncooked fusilli or spiral  
pasta

1 (15-ounce) container refrigerated  
Alfredo sauce

1 teaspoon Dijon mustard

½ teaspoon lemon zest (from 1 lemon)

1½ cups (6 ounces) Italian six-cheese  
blend, pre-shredded

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Place bacon on a wire rack set in a 10x15-inch rimmed baking sheet lined with foil. Bake in oven until bacon is crispy, 25–30 minutes. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 3 Meanwhile, wash and dry all produce. Prepare as directed.
- 4 Increase oven temperature to 425°F after bacon is done cooking.
- 5 Roughly chop cooled bacon; set aside. Reserve bacon drippings in pan; remove wire rack.
- 6 Cook pasta to al dente according to package directions. Drain, reserving ½ cup cooking water. Return hot pasta to pot.
- 7 Add spinach and reserved cooking water to pasta in pot; stir until wilted, 1–2 minutes.
- 8 Add Alfredo sauce, tomatoes, mustard, lemon zest, and bacon; stir to combine.
- 9 Spread pasta mixture in an even layer in reserved drippings in the rimmed baking sheet. Sprinkle with cheese.
- 10 Bake until cheese is melted and golden brown in spots, 10–15 minutes.
- 11 Garnish with parsley.



# ONE POT CREAMY TOMATO PASTA

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Servings: 4

2 cups tomatoes, chopped

½ cup water

1 small onion, diced

1 clove garlic, minced

1 tablespoon olive oil

⅓ cup sundried tomatoes, chopped

1 tablespoon tomato paste

2 teaspoons Italian seasoning

3 cups chicken stock or water

1 (12-ounce) box short shaped pasta,  
such as elbow, spiral, or bow tie

Salt and pepper, to taste

½ cup (2 ounces) Parmesan, grated

¼ cup cream cheese (if desired, use  
more for extra creaminess)

Optional: flat-leaf parsley, chopped

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Heat the oil in a large pot over medium heat. Sauté the onion, garlic, and sun-dried tomatoes until softening, about 2 minutes. Add the tomato paste and Italian seasoning and cook for 1 more minute.
- 4 Pour the chicken stock into the pan, scraping any browned bits off the bottom of the pot. Add diced tomatoes plus water and pasta. Season with salt and pepper to taste.
- 5 Bring to a boil, then reduce the heat to a simmer and cook until pasta is done, about 10–15 minutes. If the pasta starts looking dry and there doesn't seem to be enough liquid, add a little extra broth or water during the cooking process.
- 6 Take the pasta off the heat and stir in the Parmesan and cream cheese. Add parsley if using.
- 7 Let the pasta sit and thicken for 3–4 minutes before serving.

# SLOW COOKER SALSA VERDE CHICKEN ENCHILADAS

Prep time: 4 hours 15 minutes

Cook time: 30 minutes

Total time: 4 hours 45 minutes

Servings: 4

Optional: food-safe gloves

Slow cooker

Immersion blender

Foil

1 pound tomatillos, husks removed and quartered

2 jalapeños, seeded and roughly chopped

1 large (5–6 ounce) poblano pepper, seeded and roughly chopped

1 yellow onion, peeled and quartered

2 large cloves garlic, roughly chopped

¼ cup cilantro leaves, chopped

2 tablespoons olive oil

½ teaspoon kosher salt

1 pound boneless, skinless chicken breast or thighs, seasoned with salt and pepper

Juice of 1 lime

8 (8-inch) flour tortillas

2 cups (8 ounces) Monterey Jack cheese, shredded

**1** Wash hands with soap and water for 20 seconds.

**2** Wash and dry all produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.

**3** Drizzle the olive oil in the bottom of the slow cooker. Place the tomatillos, jalapeño, poblano pepper, onion, garlic, and salt in an even layer in the bottom of the slow cooker. Place the chicken in an even layer on top. Cover and cook on low heat for 3–4 hours or until the chicken easily shreds with a fork. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.

**4** Remove the chicken from the slow cooker and shred it with two forks. Add the cilantro leaves and lime juice to the slow cooker and, using an immersion blender, purée the salsa until smooth. If the salsa is too thick, thin it with chicken stock or water. Ladle a cup of the sauce into the bottom of a 9x13-inch baking dish.

**5** Divide the chicken between the flour tortillas, roll up, and place them in a baking dish. Pour the salsa over the top of the tortillas. Top with the shredded cheese. At this point, you can cover and keep the enchiladas in the refrigerator for up to a day before baking.

**6** To bake, cover the baking dish with foil. Bake the enchiladas at 350°F for 30 minutes, or until they are bubbly hot. If baking them cold, add 10 minutes to the baking time.

**7** While the enchiladas are baking, make the sour cream sauce by combining the sour cream, lime juice, cilantro, and salt in a small bowl. To serve, drizzle the sour cream sauce over the top of the enchiladas.

**8** Garnish enchiladas with diced red onion and chopped cilantro.

## Sour Cream Sauce

¼ cup sour cream

Juice of 1 lime

1 teaspoon cilantro leaves, chopped

Pinch of kosher salt

## Optional Garnishes

Diced red onion

Chopped cilantro



# SLOW COOKER PORK AND TOMATILLO STEW

Prep time: 30 minutes

Cook time: 4 hours

Total time: 4 hours 30 minutes

Servings: 6

Optional: food-safe gloves

1 jalapeño, thinly sliced

1 pound tomatillos, husks removed, cut into 1-inch pieces

1 onion, ½-inch dice

2 garlic cloves, thinly sliced

3 tablespoons cilantro leaves, coarsely chopped

3½ pounds trimmed pork shoulder, cut into 1-inch pieces

Kosher salt and freshly ground black pepper, to taste

1 tablespoon canola or vegetable oil

½ cup low-sodium chicken broth

1 (15-ounce) can hominy, drained and rinsed

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Wearing gloves, prepare the pepper as directed. Prepare the remaining produce as directed.
- 3 Season the pork with salt and pepper. In a large skillet, heat the oil until shimmering. Cook the pork in batches over moderately high heat until deep brown all over, about 8 minutes per batch. Using a slotted spoon, transfer the pork to a slow cooker. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 4 Add broth to the skillet and bring to a boil, scraping up the browned bits from the bottom. Pour the broth into the slow cooker.
- 5 Add the tomatillos, onion, garlic, and jalapeño. Cover and cook on high heat for 3½ hours, until the pork is tender and the tomatillos have broken down and formed a sauce. Skim the fat from the sauce.
- 6 Add the hominy and cook for 30 minutes longer.
- 7 Spoon the pork and hominy into bowls. Season it with salt and pepper. Spoon the sauce over the pork, sprinkle with the cilantro, and serve.



# SPAGHETTI WITH MEATBALLS AND CHERRY TOMATOES

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Servings: 4

9 ounces cherry tomatoes, halved

2 tablespoons basil, shredded

1 tablespoon olive oil

1½ pound pork sausages, casings removed, meat rolled into ½–¾ inch balls, chilled 10 minutes

1 (24-ounce) jar good-quality tomato pasta sauce

1 (14-ounce) box spaghetti pasta

½ cup (2 ounces) Parmesan, finely grated



- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry all produce. Prepare as directed.
- 3** Cook the pasta in a pot of boiling salted water according to the package instructions. Drain.
- 4** Meanwhile, heat the oil in a large skillet over medium heat and cook the meatballs, turning, for 3–4 minutes until browned all over. Wash hands with warm running water and soap after handling raw meat. Clean all surfaces and utensils touched by raw meat.
- 5** Add the pasta sauce and cherry tomatoes to the pan, then season. Reduce the heat to low and simmer for 5–6 minutes until slightly reduced, stirring occasionally.
- 6** Toss the pasta with the sauce and season to taste.
- 7** Serve the spaghetti and meatballs topped with basil and Parmesan.

# MARGHERITA PIZZA

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Servings: 3–4

Food processor or blender

5–6 (1 pound) Roma tomatoes, ripe

1 small garlic clove

Fresh basil leaves

1 teaspoon extra-virgin olive oil, plus more for drizzling

¼ teaspoon sea salt

Cornmeal, for stretching the dough

1 pound pizza dough, store-bought or homemade

1 cup (8 ounces) fresh mozzarella cheese, torn or thinly sliced

Red pepper flakes, for sprinkling



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 500°F.
- 3 Wash and dry all produce.
- 4 Cut an X in the bottom of each tomato. Place into a heat-safe bowl and pour boiling water over the top. Let the tomatoes soak for 5 minutes; remove the peel.
- 5 Cut the peeled tomatoes in half and remove the seeds with a spoon. Cut into chunks and add to food processor or blender. Pulse a few times to chop the tomatoes. For a thicker sauce, drain the chopped tomatoes using a fine mesh strainer before adding all the other ingredients.
- 6 Add oil, garlic, and salt to tomatoes. Process until smooth.
- 7 Dust a baking sheet with cornmeal. Place the pizza dough on the baking sheet and stretch it into a large circle.
- 8 Spread a heaping ½ cup tomato sauce evenly over the pizza dough, leaving a 1-inch border around the edges.
- 9 Top with cheese and transfer to the hot oven. Bake for 10–12 minutes, or until the crust is browned.
- 10 Remove from the oven and top with fresh basil and pinches of red pepper flakes. Drizzle with olive oil and serve.



# SLOW COOKER CARNE ADOBADA

Prep time: 30 minutes

Cook time: 4 hours

Total time: 4 hours 30 minutes

Servings: 8–10

Optional: food-safe gloves

Blender or food processor

2 large white onions, sliced

3 jalapeños, sliced

3 large tomatillos, husks removed, quartered

4 cloves garlic, chopped

1/3 cup fresh-squeezed lime juice

1 (7-ounce) can chipotle peppers in adobo sauce

2 teaspoons kosher salt, plus more for seasoning

2 1/4 cups chicken broth, divided

4 1/2 pounds beef chuck roast

1/4 cup olive oil

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 3 Combine tomatillos, chipotle peppers in sauce, garlic, lime juice, salt, and 1/4 cup chicken broth in a blender or food processor. Blend on high until smooth.
- 4 Generously season beef on all sides with salt and pepper.
- 5 Heat oil in a large frying pan over medium-high heat. Once shimmering, add beef and brown for about 4 minutes a side.
- 6 Meanwhile, place onions and jalapeños on the bottom of the slow cooker.
- 7 Once the beef is browned, transfer it to the slow cooker. Pour off any fat from the frying pan into a heatproof bowl. Return the pan to heat and add a cup of the broth to the frying pan. Scrape any browned bits off the bottom of the pan with a wooden spoon, then pour the broth into the slow cooker.
- 8 Add pepper mixture and remaining one cup of broth to the slow cooker, cover, and cook on low heat for 8 hours or high heat for 4 hours.
- 9 Beef should be fall-apart tender when done. Shred meat and serve as tacos, burritos, enchiladas, on top of rice, or as is.

# BREAKFAST TACOS

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Servings: 4

Optional: food-safe gloves

Blender

1 jalapeño, stemmed, finely diced

¼ small onion, finely diced

6 large eggs

6–8 small flour tortillas

5–6 slices bacon

¾ cup cheese, shredded

¼ teaspoon salt

Freshly cracked black pepper

2 teaspoons olive oil

Optional: 2 teaspoon butter, chopped  
cilantro leaves

## Salsa Verde

3–4 tomatillos, husks removed,  
stemmed

½ small onion

1 garlic clove, peeled

1 jalapeño, stemmed

8–9 sprigs cilantro, large stems  
removed

**1** Wash hands with soap and water for 20 seconds.

**2** Preheat oven to 350°F.

**3** Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.

**4** Add the tomatillos to a baking sheet along with 6–8 slices of bacon and cook in the oven until it's reached desired level of crispiness. The bacon will need around 20 minutes to fully cook. Flip bacon after 10 minutes, if desired. Watch it as it gets close so it doesn't burn.

**5** Once cooked, set the bacon aside on a plate lined with paper towels to drain. Once drained, chop up the bacon.

**6** Add the roasted tomatillos to a blender along with the remaining salsa verde ingredients.

**7** Add diced onion and jalapeño to a skillet along with oil and optional 2 teaspoons butter. As this cooks, crack and whisk 8 eggs in a mixing bowl.

**8** Once the onion has softened, add the eggs to the skillet along with ¼ teaspoon salt and some freshly cracked black pepper. Stir the eggs regularly until fully cooked, and then set them aside in a bowl.

**9** Warm up the tortillas in a dry skillet over medium heat. Add cheese to them while they're in the skillet. Cook until light brown spots form on the underside of the tortillas.

**10** Once the tortillas are warm, fill them with the egg mixture, bacon, salsa verde, and chopped cilantro. Serve immediately.





Healthy Spaghetti with Fresh Tomato Sauce

Cooking It Up!

*From  
The  
Tomato  
Vine  
& Tomatillos*

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# CREAMY BRUSCHETTA STUFFED MUSHROOMS

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Prep time: 15 minutes

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Cook time: 20 minutes

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Total time: 35 minutes

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Servings: 12–18

12 large or 18 medium white button mushrooms

3 medium ripe tomatoes, finely chopped and drained

2 teaspoons fresh flat-leaf parsley, chopped

2 teaspoons fresh oregano, chopped, or ½ teaspoon dried

2 teaspoons fresh basil, chopped, or ½ teaspoon dried

½ teaspoon fresh thyme leaves, or pinch dried

2 cloves garlic, crushed

Drizzle of olive oil

8 ounces cream cheese, softened

1 cup (4 ounces) mozzarella, shredded

1 cup (4 ounces) Parmesan cheese, freshly grated and divided

Salt and pepper, to taste

Optional: chopped parsley for garnish

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F.
- 3 With a damp cloth, wipe off any dirt from the mushrooms, remove their stems, and place them top-side down on a baking sheet that's been drizzled with olive oil.
- 4 Wash and dry all produce. Prepare as directed.
- 5 Add the cream cheese, mozzarella, and ½ cup Parmesan cheese to a large bowl, along with the parsley, basil, oregano, thyme, garlic, salt, and pepper, mixing well to combine.
- 6 Add the chopped tomatoes, stirring the mixture gently, just until combined.
- 7 Spoon the mixture into the mushrooms until they're fully stuffed.
- 8 Sprinkle the remaining Parmesan cheese on top.
- 9 Bake for 18–20 minutes until the tops have browned slightly.
- 10 Garnish with fresh parsley after baking and serve immediately.





# MEXICAN BROWN RICE

Prep time: 10 minutes

Cook time: 1 hour 20 minutes

Total time: 1 hour 30 minutes

Servings: 6–8

Optional: food-safe gloves

Food processor or blender

4–6 medium ripe tomatoes, chopped

1 medium jalapeño pepper, seeded and finely chopped

1 small yellow onion, root end trimmed and quartered

2 cloves garlic, roughly chopped

½ cup fresh cilantro leaves, finely chopped

1 lime, sliced into wedges for serving

¼ cup extra-virgin olive oil

2 cups long-grain brown rice (do not rinse)

2½ cups vegetable broth

1 tablespoon tomato paste

1 teaspoon salt, to taste

Optional: red pepper flakes for extra heat

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 375°F.
- 3 Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 4 In a food processor or blender, combine the tomatoes, onion, and garlic, and blend until smooth. In a liquid measuring cup, measure out 2 cups of the tomato mixture and save the rest.
- 5 Warm the olive oil in a medium Dutch oven or large pot over medium heat until shimmering. Add the rice and jalapeño and cook, stirring occasionally, for about 2–3 minutes.
- 6 Slowly add the vegetable broth, tomato mixture, tomato paste (add a little extra if using fresh tomatoes that aren't super flavorful), and salt. Stir to combine, then increase the heat to medium-high and bring the mixture to a boil.
- 7 Cover the pot with the lid and carefully transfer it to the oven. Bake until the liquid is absorbed and the rice is tender, about 1 hour 15 minutes–1 hour 30 minutes, stirring halfway through cooking. The rice will look dry when lid removed.
- 8 Stir in the cilantro and season to taste with additional salt, if necessary. For spicier rice, add a pinch of red pepper flakes and stir again.
- 9 Serve with lime wedges on the side.

# TOMATO GANACHE

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Servings: 4

Immersion blender or blender

8 tomatoes, peeled and cored

½ cup half-and-half

2 squares bittersweet or semi-sweet  
chocolate squares, chopped

1 teaspoon sugar

⅛ teaspoon red pepper flakes



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry tomatoes. Prepare as directed.
- 3 Cook down the peeled and cored tomatoes to 1 cup of tomato purée. Use an immersion blender or blender to smooth out the purée.
- 4 Gradually stir in the half-and-half, chocolate, sugar, and pepper flakes. Stir until smooth.
- 5 Serve as a condiment with chicken or pork.

# PRESSURE COOKER WHITE BEANS WITH TOMATILLOS

Prep time: 15 minutes

Cook time: 40 minutes

Total time: 55 minutes

Servings: 6

Optional: food-safe gloves

Blender or food processor

2 cups tomatillos, chopped

½–1 jalapeño, seeded if desired

1 (1 cup) poblano, stemmed, seeded, chopped

1 cup onion, chopped

1½ teaspoons ground cumin

1½ cups dried great northern beans, soaked for 8–12 hours and drained

1½ cups water

2 teaspoons dried oregano

Salt and pepper, to taste



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry produce. Wearing gloves, prepare the peppers as directed. Prepare the remaining produce as directed.
- 3 Add tomatillos, jalapeño, poblano, and onion to blender or food processor. Pulse until the veggies are in tiny pieces but not puréed.
- 4 Set the sauté setting on pressure cooker to normal or medium heat and pour in the blended veggies. Add the cumin and stir to combine. Cook for about 4 minutes.
- 5 Add the white beans, water, and oregano to the sauté mixture and stir to combine. Put the lid on and ensure the steam release is sealed. Cook on manual setting at high pressure and set for 35 minutes.
- 6 Allow the pressure to release naturally.
- 7 If there is still more liquid in the pot than desired, switch back to the sauté setting and simmer to allow some of the liquid to evaporate.



# HEALTHY SPAGHETTI WITH FRESH TOMATO SAUCE

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Prep time: 5 minutes

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Cook time: 15 minutes

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Total time: 20 minutes

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Servings: 2–4

2 pounds ripe tomatoes, diced (about 6 cups chopped, save juices)

½ onion, diced

8 garlic cloves, roughly chopped

15–20 basil leaves, torn or diced, more for garnish

8 ounces pasta (linguini, spaghetti, or angel hair)

3 tablespoons olive oil

¼ cup vermouth, red wine, or white wine

1 teaspoon kosher salt

½ teaspoon fresh cracked pepper

Optional: freshly grated pecorino romano or Parmesan cheese, or vegan Parmesan

Optional: chili flakes, Kalamata olives, or capers

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Fill a large saucepan with water, put the lid on, and bring to the boil over a high heat. Add a good pinch of sea salt. Once the water is boiling, stir in the pasta. Cook the pasta al dente to the packet instructions.
- 4 Meanwhile, in a large skillet, heat oil over medium-high heat. Add chopped onions and sauté for 3–4 minutes until tender. Turn heat to medium. Add the garlic. Sauté for a few minutes until the garlic is fragrant and golden.
- 5 Add the chopped tomatoes and all their juices and seeds. Turn the heat up to medium-high.
- 6 Add vermouth or wine and cook it off. Then, bring to a simmer for 5 minutes until tomatoes begin to break down.
- 7 Stir in salt and pepper.
- 8 Turn heat to low, simmer on low, covered, until pasta is cooked.
- 9 When pasta is cooked to al dente, drain and add it to the fresh tomato sauce, continuing to cook pasta on low for a few minutes in the sauce. Stir in the basil leaves.
- 10 Divide among bowls and top with fresh grated cheese and fresh basil.

# PRESSURE COOKER TOMATILLO RICE

Prep time: 5 minutes

Cook time: 25 minutes

Total time: 30 minutes

Servings: 4

Blender

4–6 (1 cup) tomatillos, husked and puréed

1 cup brown rice, rinsed

1 cup low-sodium chicken stock or vegetable broth

Optional: fresh cilantro leaves, chopped for garnish

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry all produce. Prepare as directed.
- 3 Purée enough tomatillos in a blender to make 1 cup.
- 4 Add all of the ingredients to the pressure cooker and stir to combine. Replace the lid and close the vent valve. Set the pressure cooker for 15 minutes at high pressure.
- 5 When the 15 minutes is up, let the pressure cooker release naturally for 10 minutes and then do a quick release.



# TOMATO AND PEPPER QUINOA

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Prep time: 15 minutes

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Cook time: 25 minutes

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Total time: 40 minutes

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Servings: 4

1½ cups cherry tomatoes, sliced in half

1 red bell pepper, diced

1 orange bell pepper, diced

1 small onion, diced

1 cup quinoa

2 cups cold water

⅓ cup mushroom broth or vegetable stock

½ cup frozen carrots

½ cup frozen peas

1½ tablespoons tomato paste

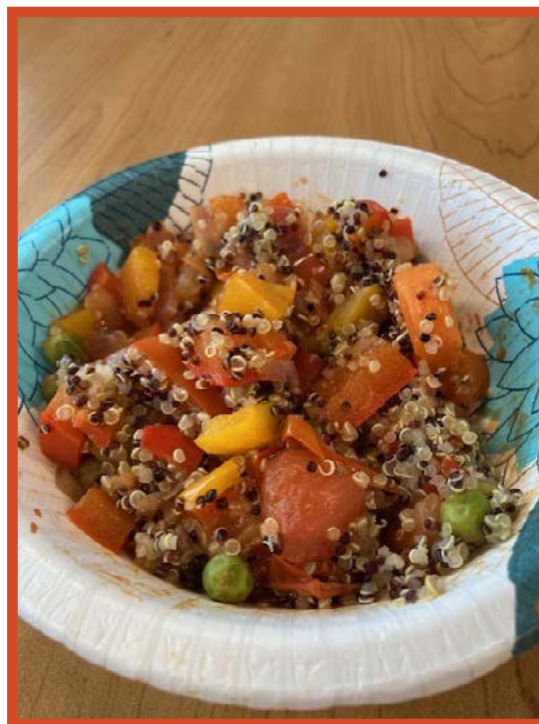
½ teaspoon paprika

¼ teaspoon onion powder

¼ teaspoon garlic powder

1 tablespoon vegetable oil

Salt, to taste



- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry all produce. Prepare as directed.
- 3** In a large pan, add quinoa and cold water. Bring to a boil, then reduce heat to a simmer. Cook covered until fluffy and slightly chewy texture or other desired texture (soft or firm), about 12–14 minutes. Remove cooked quinoa from the pan and set aside.
- 4** On medium-high heat, add vegetable oil to the pan. Sauté onions for 2 minutes until fragrant and translucent. Then add the diced bell peppers and sauté for another 2 minutes until soft. Next, cook cherry tomatoes, peas, and carrots for 2–3 minutes.
- 5** Add paprika powder, garlic powder, and onion powder and mix until vegetables are evenly coated.
- 6** Pour in vegetable or mushroom broth and tomato paste. Mix everything together until combined. Cook until half of the broth has evaporated, about 1–2 minutes.
- 7** Add in cooked quinoa and mix all together. Season with salt to taste. Enjoy hot!





Frosted Tomato Quick Bread



# DESSERTS

Cooking It Up!

*From  
The  
Tomato  
Vine  
& Tomatillos*

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# STRAWBERRY TOMATILLO UPSIDE-DOWN CAKE

Prep time: 10 minutes

Bake time: 35–45 minutes

Total time: 45 minutes–55 minutes

Servings: 9

Foil

12 ounces (2 cups) strawberries, diced

2–4 (½ cup) tomatillos, husks removed, diced

1½ cup sugar, divided

½ cup butter, room temperature

2 large eggs

1½ cups flour (spooned and leveled to measure)

1 teaspoon vanilla extract

½ teaspoon baking powder

¼ teaspoon salt

½ cup milk, room temperature

Optional: whipped cream

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Mix strawberries and tomatillos in a bowl with ¼ cup sugar and set aside.
- 5 Cream butter with remaining ¾ cup sugar until light and fluffy with a hand mixer or by hand with a spoon.
- 6 Mix in the eggs one at a time.
- 7 Add half the flour, baking powder, and salt. Mix.
- 8 Add vanilla and milk. Mix.
- 9 Add the rest of the flour and mix about 30 seconds. Wash hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 10 Line a baking dish or 8x8-inch pan with foil. Spread the strawberry tomatillo mixture evenly across the bottom. Top with the cake batter. It's best to drop the batter around the pan and smooth it over the top.
- 11 Bake for 35–45 minutes until the top is golden brown and a toothpick inserted in the center comes out clean or with a few crumbs.
- 12 Cool in the pan to allow the fruit to firm up. Once the cake is cool, slice into pieces to serve. Invert piece by piece when served, or invert the cake all at once before serving. Top with whipped cream, if desired.

# MASCARPONE BUDINI WITH SUNGOLD TOMATO COMPOTE

Prep time: 20 minutes

Cook time: 3 hours

Total time: 3 hours 20 minutes

Servings: 10–12

Non-stick spray

Parchment paper

10–12 six-ounce ramekins

Blender

5½ cups sungold, grape, or cherry tomatoes

1 lemon, halved, sliced paper thin with peel, chopped

½ lemon, zested

1¾ tablespoons of lemon juice from ½ lemon

Lemon juice, to taste

¾ cup sugar

1½ oranges, zested, finely grated

1 cup sultana raisins

Sugar, to taste

5 ounces cream cheese, softened

⅓ cup sugar

1 tablespoon sugar

13 ounces mascarpone cheese

3 large eggs

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 325°F or a convection oven to 300°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Set aside 1½ cups of tomatoes. Cut the remaining 4 cups in half lengthwise. Place them with cut sides up on a wire rack set over a sheet pan. Sprinkle with ¼ cup of the sugar. Bake for 15 minutes, sprinkle with the remaining 2 tablespoons sugar, and continue cooking until the tomatoes are dry but not brittle, 1–1½ hours.
- 5 Place the reserved 1½ cups of tomatoes into a blender and blend to make 1 cup thin purée.
- 6 Bring 1 cup water and the remaining 6 tablespoons of sugar to a boil and add the lemon. Let simmer for 10 minutes, then add the roasted tomatoes and raisins. Cook until the mixture is fiercely bubbling. Add the tomato purée and cook another few minutes, stirring well with a heatproof spatula so that the bottom of the pan does not scorch.
- 7 Remove the compote from the heat and cool to room temperature. Add more sugar to taste, and, if needed, a squeeze of lemon.
- 8 Spray 10–12 six-ounce ramekins with oil and line the bottoms with circles of parchment paper.
- 9 In a bowl, using an electric mixer, beat the cream cheese until smooth. Add the sugar gradually and beat until completely blended. Add the mascarpone and beat until smooth. Add the eggs one at a time, beating well after each addition and scraping the sides of the bowl well. Add the lemon juice and orange and lemon zests. Wash hands with warm running water and soap after handling raw eggs. Clean all surfaces and utensils touched by raw eggs.
- 10 Boil about 6 cups of water.
- 11 Pour the mixture into the prepared ramekins.
- 12 Place the ramekins in a pan large and deep enough to fit all of them, such as a roasting pan, and pour in boiling hot water until it comes halfway up the sides of the ramekins.
- 13 Bake until the budini are set, 30–40 minutes. Remove from the oven and let cool in the water bath. Remove from the water bath and chill thoroughly before inverting each ramekin onto a plate so that the budino comes out. Discard the parchment paper circles.
- 14 Spoon tomato compote generously over each budino.



# TOMATO CAKE

Prep time: 10 minutes

Cook time: 40 minutes

Total time: 50 minutes

Servings: 10–12

Non-stick baking spray

Bundt pan

2 cups fresh tomato puree (from 2 pounds tomatoes)

2 cups flour (spooned and leveled to measure)

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

1½ teaspoons ground cinnamon

1 teaspoon ground cardamom

½ teaspoon ground ginger

½ cup brown sugar, packed

½ cup sugar

½ teaspoon vanilla

1½ sticks butter, softened

2 large eggs

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Coat the bundt pan with non-stick baking spray.
- 3 Wash and dry tomatoes. Halve the tomatoes and trim any imperfections, bruises, or soft spots. Remove the core from the tomatoes. If desired, use a spoon to scrape out the seeds and pulp. Place in a food processor or blender. Purée tomatoes until liquid and even in consistency; little flecks of skin are fine. Measure out 2 cups and set aside.
- 4 Combine the flour, baking powder, baking soda, salt, cinnamon, cardamom, and ginger in a bowl. Whisk to combine.
- 5 In another bowl, beat the brown sugar, sugar, butter, and vanilla together with an electric mixer until fluffy. Add the eggs and beat well. Stir in the tomato purée.
- 6 Combine the dry ingredients with the wet ingredients. Wash hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Pour the batter into bundt pan. Bake in a preheated oven for about 40 minutes or until a toothpick comes out clean. Cool for about 5 minutes, then invert on a serving platter.
- 8 Combine all the glaze ingredients in a bowl. Drizzle over the cooled cake.

## Glaze

1 cup powdered sugar

2 tablespoons butter, melted

1–2 tablespoons milk

1 teaspoon vanilla



# TOMATILLO AND STRAWBERRY PIE

Prep time: 35 minutes

Cook time: 50 minutes

Total time: 1 hour 25 minutes

Servings: 8

2 (9-inch) store-bought or homemade pie crusts

3 cups ripe tomatillos, sliced

3 cups strawberries, sliced

¼ cup instant tapioca

1½ cups sugar

1 teaspoon lemon juice, or more to taste

1 tablespoon butter, thinly sliced

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Stir tomatillos, strawberries, tapioca, sugar, and lemon juice together in a bowl; let stand, stirring occasionally, until sugar is dissolved, about 15 minutes.
- 5 Press one pie crust into a 9-inch pie dish.
- 6 Spoon tomatillo-strawberry mixture into the prepared pie crust. Scatter butter slices over filling.
- 7 Cover pie with second pie crust and pinch edges together to seal. Cut slits into top crust for ventilation. Place pie on a baking sheet.
- 8 Bake for about 50 minutes until the top crust is golden brown and the filling is bubbling.



# SWEET TOMATO AND PEACH COBBLER

Prep time: 10 minutes

Cook time: 1 hour 15 minutes

Total time: 1 hour 25 minutes

Servings: 12

8 large plum tomatoes

6 large yellow peaches

3 tablespoons butter, softened

½ cup sugar

1 tablespoon plus 1 teaspoon  
cornstarch

¼ teaspoon ground cinnamon

⅛ teaspoon ground cayenne pepper

## **Biscuit topping**

1½ cups all-purpose flour (spoon and  
measure to level)

3 tablespoons sugar, plus one  
tablespoon for sprinkling

1½ teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon ground cinnamon

¼ cup (½ stick) butter, softened

⅔ cup buttermilk

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry tomatillos and peaches before preparation.
- 3 Peel the tomatoes and peaches by marking an “X” on the bottom of each and plunging them into a large pot of boiling water for 30 seconds–1 minute. Lower peaches and tomatoes into the water and let them blanch for 30 seconds–1 minute. Use a slotted spoon to transfer the items from the pot into a bowl full of ice water to cool. Peel the skins off the produce.
- 4 Halve the tomatoes lengthwise and scoop out the core and seeds with a small spoon. Slice each half in half again and set the slices on paper toweling to drain.
- 5 Spread the butter in a large ovenproof sauté pan and sprinkle with the sugar. Add the tomatoes in one layer. Over medium heat, cook the tomatoes for 20–30 minutes until the syrup created becomes amber-like in color.
- 6 Slice the peaches into wedges about 1/3 inch thick and add them to the pan of tomatoes.
- 7 Combine the cornstarch, cinnamon, and cayenne and gently stir into the mixture. Transfer the mixture to a 9x13-inch baking pan.
- 8 Preheat oven to 400°F.
- 9 In a medium mixing bowl, whisk the flour, 3 tablespoons sugar, baking powder, baking soda, and cinnamon together.
- 10 Cut the butter into small pieces, and with a fork, work the butter into the flour mixture until the mixture gets crumbly. Pour in the buttermilk and combine with a fork until the ingredients come together.
- 11 Drop spoonfuls of the batter over the top of the tomato-peach mixture. Sprinkle the top with the remaining tablespoon of sugar. Wash hands with warm running water and soap after handling uncooked flour. Clean all surfaces and utensils touched by uncooked flour.
- 12 Bake the cobbler for 30–40 minutes until the top browns and the fruit gets bubbly.
- 13 Let rest for about 20 minutes before serving. If desired, serve with ice cream or whipped cream.

# TOMATILLO, BLACKBERRY, AND STRAWBERRY CRISP

Prep time: 15 minutes

Cook time: 1 hour

Total time: 1 hour 15 minutes

Servings: 12

## Filling

4 cups purple or green tomatillos, husked

2 cups strawberries, sliced or chopped

2 cups blackberries

1 lemon, juiced

1 cup sugar

2 tablespoons tapioca flour or 1 tablespoon cornstarch

¼ cup flour

## Crisp

1½ cups rolled oats

1½ cup all-purpose flour (spoon and level to measure)

1 cup sugar

1 teaspoon baking powder

1 teaspoon cinnamon

½ teaspoon salt

⅔ cup canola or vegetable oil

5 tablespoons tequila, milk, or water

2 tablespoon molasses



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 425°F.
- 3 Wash and dry all produce. Prepare as directed.
- 4 Chop tomatillos in half, and then each half into quarters, making 8 pieces. If desired, make the pieces about the size of a blackberry to ensure they cook evenly. Place in a big bowl.
- 5 Slice or chop strawberries. Place in the bowl with tomatillos along with the rest of the filling ingredients. Toss, making sure ingredients are evenly coated.
- 6 Place the filling in a 9x13 pan. Cover with tin foil and place in the oven for 20 minutes.
- 7 While the fruit is cooking, make the crisp topping. Mix together oats, flour, sugar, baking powder, cinnamon, and salt in a bowl. Then add the oil, tequila, and molasses and mix with your hands, ensuring all the dry ingredients are moistened.
- 8 After the fruit is done baking for 20 minutes, lower the heat to 350°F and remove from the oven. Remove the tin foil and give the fruit a stir with a spoon. Add the crumble mix to the top of the fruit, trying to spread evenly. Wash hands with warm running water and soap after handling uncooked flour. Clean all surfaces and utensils touched by uncooked flour.
- 9 Place the crisp back into the oven for another 30 minutes.
- 10 Once the 30 minutes are up, remove from the oven and let set for 20 minutes–1 hour.



# CARAMELIZED TOMATO TART

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Prep time: 15 minutes

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Cook time: 1 hour

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Total time: 1 hour 15 minutes

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Servings: 12

7–8 large Roma tomatoes

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3 tablespoons unsalted butter, room temperature

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½ cup sugar

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1 teaspoon fresh thyme leaves (or lavender or another herb of your choice)

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1 teaspoon vanilla extract

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1 sheet frozen puff pastry, thawed

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Optional: whipped cream or crème fraîche

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- 1** Wash hands with soap and water for 20 seconds.
- 2** Preheat oven to 425°F and make sure the pastry dough is thawed out.
- 3** Wash and dry all produce.
- 4** Bring a pot of water to a boil and prepare an ice bath in a separate bowl.
- 5** Make a shallow “X” cut in the bottom of each tomato with a paring knife. Drop into boiling water for about 30 seconds–1 minute, until the skins begin to peel back.
- 6** Remove with a slotted spoon and transfer immediately to the ice bath. Repeat with all tomatoes. Then, peel off the skins, cut in half, and remove the core and seeds.
- 7** Spread the room-temperature butter all over the bottom of a 9” saucepan. Sprinkle the sugar and fresh herbs over the top.
- 8** Gently lay the tomato halves over the sugar, outsides facing down, in circles around the pan, pressing down slightly once all are in place.
- 9** Place the pan over low-medium heat and cook slowly until sugars and juice appear like caramel syrup, about 30 minutes. It shouldn’t be too liquidy.
- 10** Gently move the tomatoes around so they aren’t sticking. Drizzle the vanilla over the tomatoes.
- 11** Place the pastry dough over the top, trimming the corners to fit the pan. Cut 2–4 slits in the top.
- 12** Slide into the oven until the dough is golden brown, about 20 minutes.
- 13** Remove from oven and let cool for about 10 minutes. Loosen around the edges again to prevent sticking, then place a board or serving plate over the pan and carefully flip over, letting the tart release fully from the pan before removing.
- 14** Slice and serve. Add some whipped cream or crème fraîche, if desired.





# FROSTED TOMATO QUICK BREAD

Prep time: 20 minutes

Cook time: 55 minutes

Total time: 1 hour 15 minutes

Servings: 1 loaf

Non-stick spray

Loaf pan

1 cup firm red or green tomatoes, grated

½ cup light or dark raisins

½ cup walnuts, coarsely chopped

¾ cup sugar

½ cup canola or vegetable oil

2 large eggs, slightly beaten

3 cups all-purpose flour (spoon and level to measure)

¾ teaspoon baking powder

¾ teaspoon baking soda

¾ teaspoon salt

½ teaspoon cinnamon

Optional: powdered sugar or cream cheese frosting

## **Cream Cheese Frosting**

¼ cup unsalted butter, softened

2 ounces cream cheese, softened

1 cup confectioners' sugar

¼ teaspoons pure vanilla extract

⅛ teaspoon almond extract

- 1 Wash hands with soap and water for 20 seconds.
- 2 Heat oven to 350°F. Lightly coat a 9x5-inch loaf pan with cooking spray.
- 3 Wash and dry all produce. Prepare as directed.
- 4 In a large bowl, combine grated tomatoes, raisins, walnuts, ¾ cup sugar, oil, and eggs.
- 5 In a separate bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon.
- 6 Add dry ingredients to tomato mixture and stir just until well combined. Do not overmix. Wash hands with warm running water and soap after handling uncooked flour and eggs. Clean all surfaces and utensils touched by uncooked flour and eggs.
- 7 Transfer batter to prepared loaf pan and bake until toothpick inserted in the center comes out clean or with a few crumbs, about 55 minutes.
- 8 Let stand 10 minutes before removing from the pan and cooling on a wire rack. Allow to cool to room temperature before slicing.
- 9 Dust with powdered sugar, if desired, or apply cream cheese frosting.

## **Cream Cheese Frosting**

- 10 In a medium bowl, cream together the butter and cream cheese until light and fluffy. Whip in confectioners' sugar, vanilla, and almond extract if using. Spread frosting on completely cool quick bread. Refrigerate. Slice while cold, but let the quick bread come to room temperature before serving for the best flavor.

# ICED TOMATO COOKIES

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Servings: 36

Non-stick spray, parchment paper, or a silicone baking mat

¾ cup tomatoes, peeled, seeded, and crushed

¼ cup butter, room temperature

1 cup brown sugar, packed

1 large egg

2½ cups all-purpose flour (spoon and level to measure)

2 teaspoons cinnamon

½ teaspoon baking soda

## Icing

1 cup powdered sugar

1 teaspoon cinnamon

1 teaspoon butter, melted

4 teaspoons milk, more or less for consistency

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 375°F. Prepare two baking sheets by spraying them with non-stick spray or lining them with parchment paper or a silicone baking mat. Set aside.
- 3 Wash and dry tomatoes. Prepare as directed.
- 4 In a large mixing bowl, add the softened butter and brown sugar. Mix until creamy.
- 5 Add the egg and mix until incorporated. Set aside.
- 6 In a medium bowl, add the flour, cinnamon, and baking soda and whisk to combine.
- 7 Slowly add a third of the dry ingredients into the butter and sugar mixture, scraping down the bowl as needed.
- 8 Add half of the crushed tomatoes and continue to mix. Continue to alternate the flour with the tomatoes until well combined. Wash hands with warm running water and soap after handling uncooked flour and eggs. Clean all surfaces and utensils touched by uncooked flour and eggs.
- 9 Drop 1–2 tablespoons of cookie dough onto the prepared baking sheet, leaving a 2-inch space between each mound of cookie dough.
- 10 Bake for 10–12 minutes.
- 11 Remove the baking sheet from the oven and let the cookies sit on the sheet for 5 minutes. Then, transfer to a cooling rack and let the cookies completely cool.
- 12 In a small bowl, add the cinnamon and powdered sugar and whisk to combine. Stir in melted butter and enough milk to bring to the desired consistency.
- 13 Ice the top of each cookie and let the icing harden.





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