

A recipe card for Tomato Pasta Salad. The card has a decorative border with images of tomatoes and green leaves. The title 'TOMATO PASTA SALAD' is at the top. Below it, it says '- Makes 6 - 1 cup servings -'. The ingredients list includes 4 cups rotini pasta, 2 cups tomatoes, 1 cup broccoli, 1/4 cup black olives, 2 tsp dry Italian herbs, 2 Tbsp grated Parmesan cheese, and 8 ounces low-fat Italian salad dressing. The directions are a four-step process: wash produce, combine pasta and vegetables, add herbs and dressing, and refrigerate. To the right of the card, there is a section titled 'TOMATOES WHAT ARE THEY?' which lists types of tomatoes and their uses. Below that is 'TOMATOES AT HOME' which discusses storage and handling. At the bottom left of the card, the website 'FOODHERO.ORG/RECIPES' is listed.

TOMATO PASTA SALAD

- Makes 6 - 1 cup servings -

INGREDIENTS

4 cups **rotini pasta**, cooked
2 cups **tomatoes**, chopped
1 cup **broccoli**, chopped
1/4 cup **black olives**, sliced
2 tsp dry **Italian herbs**
2 Tbsp grated **Parmesan cheese**
8 ounces low-fat **Italian salad dressing** (about 1 cup)

DIRECTIONS

1. Wash all produce before cutting.
2. Combine the cooked pasta, tomatoes, broccoli and black olives together in a bowl.
3. Add the herbs, cheese and salad dressing. Stir together and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

TOMATOES WHAT ARE THEY?

Beefsteak, roma, cherry, and grape. These are all types of tomatoes that can be used in different ways.

Choose tomatoes with bright, shiny skins, and firm flesh.

It's a good source of lycopene - an antioxidant that promotes heart health.

TOMATOES AT HOME

Store them at room temperature, away from sunlight. Only refrigerate when overripe if you cannot use them immediately.

Rinse under cool water & cut off bruised areas and growth cracks.

Tomatoes are great served fresh in a sandwich, salsa, or salad.

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