

# CHERRY TOMATO VINAIGRETTE

SUPERFOOD

Portion: 1/2 cup Serves: 6



**CALORIES (kcal):** 150  
**PROTEIN (g):** 1  
**CARBOHYDRATE (g):** 6  
**TOTAL FAT (g):** 14  
**SODIUM (mg):** 45  
**SAT FAT (g):** 2  
**DIETARY FIBER (g):** 2

## INGREDIENTS:

|         |                             |
|---------|-----------------------------|
| 4 cups  | Cherry Tomatoes             |
| 1/2 cup | Shallots, Peeled and Minced |
| 2 Tbsp  | Red Wine Vinegar            |
| 1/8 tsp | Kosher Salt                 |
| 1/8 tsp | Ground Black Pepper         |
| 1/4 cup | Fresh Chives, Chopped       |
| 6 Tbsp  | Olive Oil, Canola Blend     |

## METHOD:

Cut half of the tomatoes in half. Heat a skillet over medium high heat. Drizzle in 1/3rd of the olive oil. Add the shallots and sauté for 1 minute. Add the tomatoes and toss. Cover, lower the heat and cook for 5 minutes until tomatoes are soft and breaking apart. Remove from heat and season with salt, black pepper, red wine vinegar and remaining olive oil. Toss in chives.

May be served warm or chilled.

# ZERO WASTE FRESH GAZPACHO

SUPERFOOD

Portion: 1 cup Serves: 6

WITH TOMATOES, RED ONION, CUCUMBERS, BELL PEPPER, CELERY AND BASIL



**CALORIES (kcal):** 90  
**PROTEIN (g):** 2  
**CARBOHYDRATE (g):** 10  
**TOTAL FAT (g):** 5  
**SODIUM (mg):** 290  
**SAT FAT (g):** 0.5  
**DIETARY FIBER (g):** 3

## INGREDIENTS:

|         |  |         |                          |
|---------|--|---------|--------------------------|
| 2 lb    | Fresh Tomatoes, Peeled and Diced         | 2 Tbsp  | Olive Oil                |
| 1/2 cup | Red Onions, Finely Chopped               | 1/4 tsp | Kosher Salt              |
| 1 cup   | English Cucumbers, Diced                 | 1/4 tsp | Fine Ground Black Pepper |
| 1/2 cup | Red Bell Peppers, Diced                  |         |                          |
| 1/4 cup | Celery, Diced                            |         |                          |
| 1 Tbsp  | Garlic Cloves, Chopped                   |         |                          |
| 1 ea    | Red Fresno Chili Peppers, Finely Chopped |         |                          |
| 2 Tbsp  | Fresh Basil, Chopped                     |         |                          |
| 2 Tbsp  | Fresh Cilantro, Chopped                  |         |                          |
| 1 lb    | V-8 Juice, Ind, 5.5 oz                   |         |                          |
| 2 Tbsp  | Red Wine Vinegar                         |         |                          |

## METHOD:

Prep all the produce using the vegetable ends as much as possible. Chop the cilantro and basil stems and include them in the soup as well.

Combine all the ingredients. Mix with a stick blender, pulsing on and off until the mixture is thickened slightly. Or alternatively, place 1/3 of the total amount in a blender and pulse. Incorporate the blended mixture back in to the unblended mix. Stir well.

Refrigerate 1-2 hours before serving

# TOSSED CAPRESE SALAD

TOSSED SALAD WITH TOMATOES, FRESH MOZZARELLA, BASIL AND BALSAMIC

Portion: 3 cups Serves: 6



**CALORIES (kcal):** 190

**PROTEIN (g):** 8

**CARBOHYDRATE (g):** 5

**TOTAL FAT (g):** 16

**SODIUM (mg):** 420

**SAT FAT (g):** 5

**DIETARY FIBER (g):** 1

## INGREDIENTS:

|          |                        |
|----------|------------------------|
| 5-6 cups | Lettuce, Spring Mix    |
| ½ cup    | Fresh Mozzarella       |
| 12 oz    | Heirloom Tomatoes      |
| ¾ cup    | Fresh Basil, Chopped   |
| ¾ tsp    | Kosher Salt            |
| ¾ tsp    | Ground Black Pepper    |
| 4 Tbsp   | Extra Virgin Olive Oil |
| 2 Tbsp   | Balsamic Vinegar       |

## METHOD:

Dice mozzarella cheese and heirloom tomatoes.

Place all ingredients in a bowl and toss with oil and balsamic vinegar to dress the salad.

# FRIED GREEN TOMATOES WITH SUN-DRIED TOMATO & BASIL SPREAD

GREEN TOMATOES WITH CORNMEAL CRUST AND PAN FRIED

Portion: 1 slice Serves: 6



**CALORIES (kcal):** 120

**PROTEIN (g):** 3

**CARBOHYDRATE (g):** 13

**TOTAL FAT (g):** 6

**SODIUM (mg):** 180

**SAT FAT (g):** 0.5

**DIETARY FIBER (g):** 1

## INGREDIENTS:

|          |                               |  |                                     |
|----------|-------------------------------|--|-------------------------------------|
| 15 oz    | Tomatoes, Fresh               | <b>3 tbsp - Sun-Dried Tomato Basil Spread</b> (makes enough for 15): |                                     |
| ¾ tsp    | Kosher Salt                   | 3 oz   | Sun-Dried Tomato Halves             |
| 1/8 tsp  | Ground Black Pepper           | 2 each   | Fresh Garlic Cloves, Peeled         |
| 3 Tbsp   | All Purpose Flour             | ¼ cup  | Extra Virgin Olive Oil              |
| 1 ea     | Fresh Eggs                    | 2 Tbsp   | Fresh Lemon Juice                   |
| 2 ¼ Tbsp | Liquid Egg White, Pasteurized | ½ tsp  | Crushed Red Pepper Flakes           |
| ¾ cup    | Yellow Cornmeal, Plain        | 1 tsp  | Kosher Salt                         |
| 2 Tbsp   | Canola Oil                    | 1/4 tsp  | Ground Black Pepper                 |
| 1 ½ Tbsp | Light Just Mayo               | 3 oz   | Kalamata Olives, Pitted and Chopped |
|          |                               | 1 cup  | Fresh Basil Leaves                  |
|          |                               | 9 oz   | Fresh Roma Tomatoes, Chopped        |

## METHOD:

Thickly slice tomato into 2" thick slices, depending upon tomato size. Season both sides with salt and pepper. Place flour in one container, mix whole egg and egg white together in another container, and cornmeal in a 3rd container. Bread each slice of tomato first in the flour, shake off excess; then dip in egg, shake off excess; then in the cornmeal. Set aside. **Note:** Use more flour, egg and cornmeal than called for in the recipe for easier breading.

Heat oil in a skillet and pan fry each slice of breaded tomato until golden and crisp, about 2 minutes per side.

Meanwhile, prepare the Sun-Dried Tomato Basil Spread. In a food processor, combine all spread ingredients (except Roma tomatoes) and process until everything is chopped and combined. Add the Roma tomatoes to the food processor and pulse a few times just to combine. The spread will be thick with small chunks. Mix 3 tbsp of the spread with the mayonnaise to create the sauce for the breaded tomatoes. Store the remainder in the fridge for up to 3 days.

For each portion, place 1 slice of tomato on the plate and serve with ½ tbsp of the sauce.

**Recipe Tips:** Choose unripened and firm green tomatoes for this recipe.