



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Tomato

Lakota: unžínžintka



Pick it!

Choose tomatoes with a smooth, slightly soft and bruise free skin.

Try it!

Eat raw; add to salads and sandwiches. Cook by baking, stewing, grilling or stir-frying.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Tomato



Lakota: unžínžintka

Pick it!

Tomatoes come in a variety of shapes, sizes and colors; red, pink, orange, yellow, green or purple.

Red is the most common color when fully ripe.

Choose tomatoes with a smooth, slightly soft and bruise free skin.

Store at room temperature, 2-3 days, away from sunlight.

Ripen tomatoes in a closed paper bag for 1-5 days; punch several holes in bag.

Flavor worsens in fridge.

Refrigerate only extra-ripe tomatoes to keep from further ripening.



Try it!

Eat raw; add to salads and sandwiches.

Cook by baking, stewing, grilling or stir-frying.

Serve in soups, salsas, and pasta dishes such as spaghetti and pizza.

Cut with a serrated or sharp knife.

Prevent loss of juice by cutting from stem to blossom end.



Types of Tomatoes

Plum: Small egg-shaped, less juice, best for sauces and cooked foods

Cherry: Round and bite-sized, many seeds and juice, good in salads

Slicing: Biggest tomatoes, slices hold together, cook down for sauce



Did you know...

Lycopene in tomatoes gives tomatoes their rich red color. It reduces risk of prostate cancer. Eating tomatoes with small amount fat increases absorption.

Like it!

Fresh Garden Salsa

Ingredients

- 2 large red slicing tomatoes; cored and chopped
- 1 small white onion; chopped
- 1 green onion; top included and chopped
- 1-3 jalapeno peppers; finely chopped
- ¼ cup cilantro leaves; minced
- Juice of 1 lime
- 1 teaspoon salt

Directions

1. Using a serrated knife, chop tomatoes. If using plum tomatoes, add 2 Tablespoons water.
2. In a medium bowl, toss together the tomatoes, onions, peppers and cilantro.
3. Squeeze lime juice over the mixture and sprinkle on the salt.
4. Allow to rest 30 minutes before serving, to allow salt to draw juice from the tomatoes.
5. Stir again just before serving.

Yields 2 cups

Nutrition Facts per Serving:
Calories 30; Fat 0g; Cholesterol 0mg; Sodium 640 mg;
Carbohydrates 7g; Fiber 2g; Sugar 4g; Protein 1g

Broiled Tomatoes with Cheese

Ingredients

- 3 tomatoes; large and firm
- 8 ounces low-fat cottage cheese
- ½ teaspoon dried basil
- ⅛ teaspoon black pepper
- ¼ cup plain breadcrumbs
- Cooking spray or vegetable oil

Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle breadcrumbs and spray with cooking spray.
5. Spray boiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Yields 3 servings

Nutrition Facts per Serving:
Total Calories 135; Total Fat 3 g, Saturated Fat 1g;
Cholesterol 8mg; Sodium 324 mg; Carbohydrates 17g,
Dietary Fiber 3g, Total Sugars 8g, Added Sugars included
1g; Protein 12g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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Tomato

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- Tomatoes come in a variety of shapes, sizes and colors; red is the most common.
- Choose smooth, slightly soft, bruise free skin.
- Store at room temperature, 2-3 days.
- Ripen tomatoes in a closed paper bag for 1-5 days.
- Flavor worsens in fridge. Refrigerate only extra-ripe tomatoes to keep from further ripening.
- Eat raw; add to salads and sandwiches. Cook by baking, stewing, grilling or stir-frying.
- Serve in soups, salsas and pasta dishes such as spaghetti and pizza.
- Cut with a serrated knife from stem to blossom end.
- To peel, drop in boiling water 30 seconds, plunge into ice water, peel.

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Fresh Garden Salsa

Ingredients

- 2 large ripe, red slicing tomatoes; cored and chopped
- 1 small white onion; chopped
- 1 green onion; top included and chopped
- 1-3 jalapeno peppers; finely chopped
- 1/4 cup cilantro leaves; minced
- Juice of 1 lime
- 1 teaspoon salt

Directions

1. Using a serrated knife, chop tomatoes. If using plum tomatoes, add 2 Tablespoons water.
2. In a medium bowl, toss together the tomatoes, onions, peppers and cilantro.
3. Squeeze lime juice over the mixture and sprinkle on the salt.
4. Allow to rest 30 minutes before serving, to allow salt to draw juice from the tomatoes.
5. Stir again just before serving.

Yields 2 cups

Nutrition Facts per Serving:

Calories 30; Fat 0g; Cholesterol 0mg; Sodium 640 mg;
Carbohydrates 7g; Fiber 2g; Sugar 4g; Protein 1g

Broiled Tomatoes with Cheese

Ingredients

- 3 tomatoes; large and firm
- 8 ounces low-fat cottage cheese
- 1/2 teaspoon dried basil
- 1/8 teaspoon black pepper
- 1/4 cup plain breadcrumbs
- Cooking spray or vegetable oil

Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle breadcrumbs and spray with cooking spray.
5. Spray boiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Yields 3 servings

Nutrition Facts per Serving:

Total Calories 135; Total Fat 3 g, Saturated Fat 1g; Cholesterol 8mg;
Sodium 324 mg; Carbohydrates 17g, Dietary Fiber 3g, Total Sugars 8g,
Added Sugars included 1g; Protein 12g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese



SOUTH DAKOTA STATE
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In season:



Summer

Tomato



Lakota: unžínžintka

Sampling Display Instructions

Fresh Garden Salsa

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per serving			
Tomatoes	3 large	4 large	6 large
White onion	1 small	1 large	2 small
Green onions with tops	1-2	2	3
Jalapeno peppers	1-2	2-3	3-4
Cilantro	1/3 cup	1/2 cup	3/4 cup
Lime juice	1 lime or 2 Tablespoons bottled lime juice	2 limes or 3 Tablespoons bottled lime juice	3 limes or 4 Tablespoons bottled lime juice
Salt	1 1/2 teaspoons	2 teaspoons	1 Tablespoon

Directions:

1. Using a serrated knife, chop tomatoes. If using plum tomatoes, add 2-3 Tablespoons of water.
2. Finely chop onions, jalapeño peppers and cilantro.
3. In a large bowl, toss together the tomatoes, onions, peppers, and cilantro.
4. Squeeze the lime juice over the mixture and sprinkle on the salt. Or substitute bottled lime juice for fresh lime juice. Allow to rest 30 minutes before serving to allow salt to draw juice from the tomatoes. Chill and transport in a cooler. Stir again just before serving.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=Bam-jm_s0vvE



Notes:

- Prepare Fresh Garden Salsa. Place in sealed container in a cooler and transport to the store. Serve with 2 whole grain scoops or tortilla chips.
- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign.
- Place only a few samples out at a time. Ask parent's permission before children sample.
- Ask them if they use tomatoes often in their meals. Ask if they could use this recipe.
- Point out that this recipe can be served as an appetizer, a condiment, a side dish to meat or poultry, or as a snack.
- Lakota word translated by Jeshua Estes.

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In season:



Summer

Tomato



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Sampling Display Instructions

Broiled Tomatoes with Cheese

Ingredients	24 Samples	32 Samples	48 Samples
Samples: ¼ serving			
Tomatoes	3 large	4 large	6 large
Low-fat cottage cheese	8 ounces	10 ounces	16 ounces
Basil, dried	½ teaspoon	¾ teaspoon	1 teaspoon
Black pepper	⅛ teaspoon	¼ teaspoon	½ teaspoon
Plain bread crumbs	¼ cup	5 Tablespoons, 1 teaspoon	½ cup
Cooking spray or vegetable oil			

Directions:

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Prepare Broiled Tomatoes with Cheese.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post Allergy Alert sign.
- Place only a few samples at a time on small plates with forks.
- Ask parent's permission before children sample.
- Ask them if they use tomatoes often in their meals. Ask if they could use this recipe.
- Point out that this recipe can be served as an appetizer, a side dish to meat or poultry, or as a snack.
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