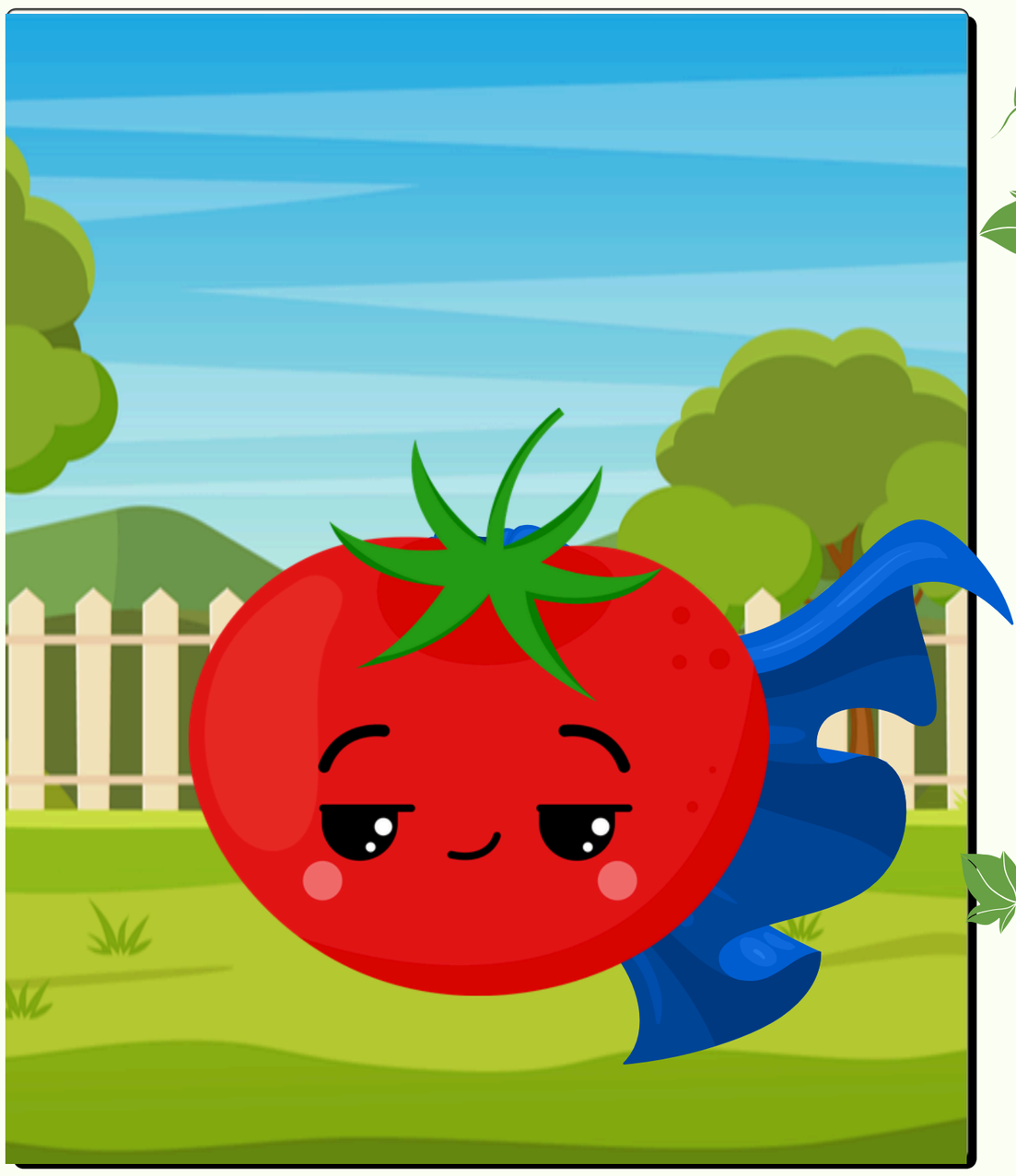
Tommy the Tomato

It's July and we are really excited to introduce our new Superhero fruit of the month!

Can you guess who I am?

Who Am I?

- I am a red, shiny ball that comes in a varity of sizes
- I am smooth on the outside but on the inside I am bursting with juicy seeds and flavour



Did You Know?

- I am actually a fruit, but many people believe I am a vegetable as I am used in many savoury dishes
- There are over 10,000 varieties of tomatoes worldwide
- I am over 95% water!
- I can come in different colours other than red, such as yellow and orange

Where Can You Find Me?

- China is the largest producer of tomatoes
- Tomatoes can be grown in Ireland in greenhouses or poly tunnels
- Tomato harvesting season is from late June to October/early November
- Tomatoes grow best in warm, sunmy conditions with temperatures around 20-30 degrees

Why You Should Eat Me?

First of all, I taste delicious, but best of all:

- I am a great source of ***Vitamin C*** which helps boosts your immune system and helps cuts heal
- I am high in ***fibre***. This helps you digest food
- I contain ***potassium,*** which plays a role in heart, nerve and muscle function

Fun Ways to Eat Me

- I am a great snack especially for lunchboxes but I can also be added to sandwiches, pastas, and risottos.
- I can be used to make soups, sauces for pasta or shakshuka

Turn over for a cool recipe!



LOW PROTEIN RECIPES

TOMATO BRUSCHETTA





Serves 2

Exchange free



Ingredients:

- 4 slices of low protein bread such as Mevalia
- 8-10 cherry tomatoes
- 2-3 cloves of garlic
- 1 tbsp of olive oil
- 1 tbsp of balsamic vinegar
- few leaves of fresh basil



Method:

1. Prepare the tomatoes by chopping into bite sized pieces
2. Tear basil leaves into smaller pieces
3. Peel and crush the garlic
4. Gently mix together the chopped tomatoes, basil leaves, garlic, olive oil and balsamic vinegar in a bowl until combined
5. Slice the bread and toast/grill until warm and lightly crisped
6. Top the bread with the tomato mixture and enjoy!





