

Fabulous Food

Winning The Great Tomato Tip-Off Contest

(NAPSA)—Eating tomato products is a fun, affordable way to enhance a healthy diet, and a new contest has come up with a few winning tips to help you do just that.

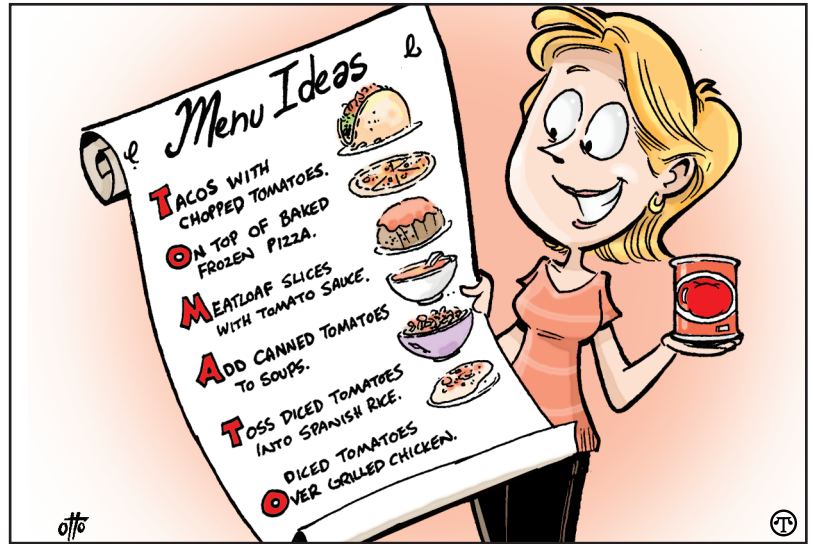
Dietitians at the Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group of the American Dietetic Association sent heart-healthy tips to the Great Tomato Tip-Off Contest, a partnership effort between the Tomato Products Wellness Council (TPWC) and SCAN.

Winning tips were selected based on originality, practicality, consumer appeal, nutritional value and affordability. Winning tomato tips will be published on the TPWC Web site, as well as in upcoming materials.

Tomato paste, sauce, diced, whole or any other form of canned or processed tomato products contains an array of nutrients like vitamin C, vitamin E, beta-carotene and lycopene that can protect the heart from disease in a number of ways, making them a perfect fit for a heart-healthy diet.

Here are a few of the winning tips:

- Toss diced, canned tomatoes with jalapeños and black beans for a satisfying salsa.
- To save time, use canned, chopped tomatoes in tacos and tostadas.
- Pour tomato sauce over sliced meat loaf and add sprigs of parsley for eye appeal.
- Add canned tomatoes to canned soups to boost vitamin C and potassium.
- Toss drained, diced tomatoes with freshly chopped basil and spoon onto grilled fish.
- Pour canned, diced tomatoes over chicken breasts, sprinkle with Parmesan cheese and bake.
- Scatter Italian seasoned,



Tomatoes are a delicious fit for a heart-healthy diet. Add tomato paste to soups, stews and casseroles. Spoon diced tomatoes into sandwiches.

canned tomatoes on a baked frozen pizza for a fresh taste.

- Add diced, drained, canned tomatoes to cooked Spanish rice or couscous.

Choose one day of the week—let's say, Tuesday—to make sure you eat at least three tomato products.

As a reminder of all the wonderful nutrients in tomatoes (vitamin C, lycopene and other health-promoting, disease-fighting compounds), on Tuesdays add tomato paste to soups, stews and casseroles, drink tomato juice for breakfast, take a spoonful of diced tomatoes and add them to a wrap or sandwich, add extra tomato sauce to your pizza slice. Get creative—if it's Tuesday, it's tomato day.

While trying to brainstorm ways to eat healthy tomatoes, think cross-culturally.

Mexican food is known for spicy salsas containing garlic, lime and cilantro. Italians create traditional dishes with elegant spaghetti sauces, flavorful pizza

sauce and tomato bruschetta. Some African stews made in slow cookers have a tomato and peanut butter base. Always keep cans of tomatoes in stock at home.

When looking for a new twist on dinner, pick a tomato dish from another culture and innovatively add your own blend of spices and food combinations. Be creative and try something new.

Contest winners were:

- 1st Place: Colleen Kvaska, M.A., R.D., CDE.
- 2nd Place: Dominique Adair, M.S., R.D.
- 3rd Place: Siri Zimmerman, B.S., R.D. candidate.

The Tomato Products Wellness Council is an organization of tomato growers, processors and well-known brands working to create awareness of the health benefits of tomato products by providing industrywide leadership, communications and scientific research.

For more information, visit www.tomatowellness.com.