

# AUGUST 2024

## IN SEASON: TOMATOES

AUGUST IS THE PEAK OF SUMMER, MAKING NOW THE IDEAL TIME TO STOCK UP ON TASTY TOMATOES. THESE ADAPTABLE FRUITS (YES, THEY ARE FRUITS!) COME IN BOTH SWEET AND SAVORY VARIETIES, PROVIDE A PLETHORA OF HEALTH BENEFITS, AND ARE AMONG THE MOST DELICIOUS FOODS AROUND.

### Children

#### Fun Fact!

Grown in Florida's Walt Disney World Resort, the world's largest single tomato plant spans 56.73 square meters. That exceeds the capacity of an Olympic-sized swimming pool!

#### Baked Egg 'n' Tomato Cups

*Tomatoes are a great option to utilize as they are in season but try different veggies like zucchini. Try turkey bacon as a healthier alternative.*

#### Cucumber Salad with Tomatoes

*Try bulgar or barley instead of couscous for whole grain, precook grain prior to class.*

#### Farmers Market Salsa

*Top with cilantro and lime juice for more flavor.*

## Adults

Fun Fact!

Tomato seedlings have been grown in space before!

Chickpea Pasta & Calabrian Tomato Sauce with Mushrooms, Spinach, and Peppers

*Chickpea pasta is a great gluten free alternative to try! Legumes also boost digestive health, lower cholesterol, and reduce your risk of heart disease, type 2 diabetes, and some cancers.*

Hummus and Veggie Pita Sandwich

*Try different flavors of hummus to customize and add more flavor.*

Chili Tomato Macaroni

*Try a dish that includes all the necessary food groups for a fast and healthy meal!*

## Seniors

Fun Fact!

It's possible that yellow tomatoes were originally brought to Europe first. Writing about them initially called them "pomo d'oro," which translates to "golden apple."

Stuffed Peppers

*Substitute ground beef with turkey as a healthier option. Add different veggies like diced fresh tomato, zucchini, or spinach.*

Three Sisters Soup

*Serve with a pre-prepared whole grain or pasta in class to show how to stretch your food dollars.*

Coconut Chicken Salad

*Pre-cook chicken and shred before class to save time. Can substitute the hot peppers for regular peppers depending on the class.*