

# Slow & Simmered Stewed Tomatoes

## What You'll Need

- |   |                                     |
|---|-------------------------------------|
| 1 can (28 ounces) diced tomatoes or no-salt-added stewed tomatoes | Dash of pepper                      |
| 1 cup celery, chopped   | 1/4 cup water                       |
| 1/2 cup onion, chopped  | 4 slices whole wheat bread, toasted |
| 2 tablespoons flour   | 2 tablespoons Parmesan cheese       |
| 1 tablespoon sugar  | 2 teaspoons olive oil               |
| 1/4 teaspoon salt   | cooking spray                       |

Serves 6

## Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray medium saucepan with cooking spray and add olive oil.
- 3 Sauté onions and celery until soft, and stir to avoid burning.
- 4 Add tomatoes and stir. Cover and simmer for 10 minutes.
- 5 Combine flour, sugar, salt and a dash of pepper in a small bowl. Add water and stir mixture.
- 6 Stir flour mixture into tomatoes.
- 7 Cook for 10 minutes until tomatoes are thick and bubbly.
- 8 Cut 3 slices of toast into small cubes and stir into tomato mixture.
- 9 Pour tomato mixture into a 1 1/2-quart casserole dish and bake for 30 minutes.
- 10 Cut remaining toast into small cubes and add to top of casserole.
- 11 Sprinkle with cheese and bake for another 20 minutes.

## Nutrition Facts

Serving Size (189g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 25</b>
<hr/>	
	% Daily Value*
<b>Total Fat 3g</b>	<b>5%</b>
<b>Saturated Fat 0.5g</b>	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 570mg</b>	<b>24%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 8g</b>	
<b>Protein 4g</b>	
<hr/>	
Vitamin A 15%	Vitamin C 35%
Calcium 4%	Iron 10%

# Which should we choose: fresh, frozen or canned?

Depending on the time of year, type of store and part of town, you may have more or fewer choices for fresh produce. Fresh vegetables and fruits are delicious, but they may not always be available or affordable. Frozen and canned products are good to have on hand for when you can't get to the store or when fresh fruits and vegetables are out of season or out of your price range.

When buying fresh produce, use your senses of smell, touch and sight. Choose produce that is free from unusual odors or colors and signs of spoilage, such as mold. Produce that is in season and from local farms will be fresh and may be less expensive.

Frozen produce is a smart choice, too. Most frozen produce is flash-frozen just after picking. While many frozen fruits and vegetable have been lightly cooked, you can prepare them as you would fresh vegetables. Frozen foods also require little preparation — washing and slicing, for instance, is already done.

Canned vegetables are widely available, especially in small markets or corner stores. If you are careful about which cans you choose you will find healthy, convenient and delicious fruits and veggies. Avoid canned items with added seasonings, sauces and syrups. Look for fruits in their own juices, not sugary syrup. Choose canned fruits and vegetables labeled "Grade A" or "Fancy" if they are available. Remember, canned foods are cooked before packaging, so they are ready to use.