



MEDLEY GRAPE TOMATOES



Growing season:

Peak growing seasons is in the summer months, but are available year around by growing in greenhouses in the US, Mexico and Canada.

Nutrition Facts:

Grape tomatoes contain a significant amount of fiber, carbohydrates, and protein. Also vitamins C and A and folate, as well as calcium, magnesium, phosphorous, and potassium.

Did you know:

- Medley grape tomatoes get their name because they look like a grape.
- They come in a variety of colors such as red, yellow, orange, and green.
- They have a rich, sweet taste and they are meaty and crunchy.

Fun ways to eat medley grape tomatoes:

- You can make a tomato sauce for pizzas and pastas.
- Make kabobs use grape tomatoes and add meat and other veggies to grill.
- Eat on the run as a grab and go snack.

PASTA WITH MEDLEY GRAPE TOMATOES

Ingredients

- 2 pints medley grape tomatoes
- 3 tablespoons olive oil
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- 1 box bowtie pasta
- shredded cheese if desired

Directions

1. Put the pasta on to cook. Drain when done. If tomatoes are not ready, add a splash of olive oil to the pasta so it doesn't stick.
2. Heat a 10 or 12 inch skillet on medium high heat. Add olive oil when pan is warm.
3. Add salt and cut tomatoes to the skillet. Cook until they are just getting tender. Do not overcook the tomatoes. Take the skillet off the heat.
4. Let butter melt on top and stir in gently.
5. Turn the cooked pasta into the tomato mixture and serve.