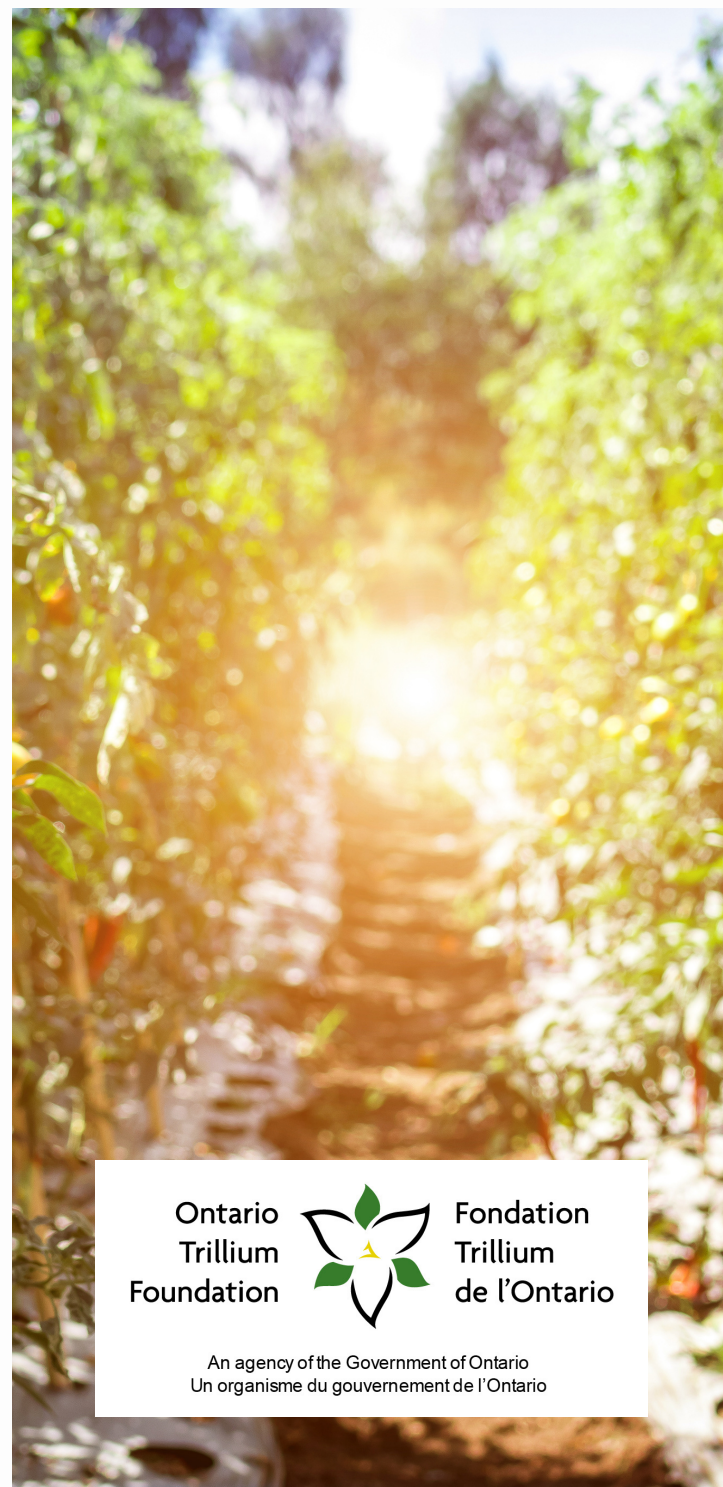


# Tomatoes FROM GARDEN TO TABLE

Whole ingredients  
Simple solutions



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## **SIMPLE TOMATO SALAD**

use cherry or a small variety of tomato, cut into bite sized pieces, sprinkle with sea salt, drizzle with olive oil, top with chopped fresh basil

## **SIMPLE SAUCE**

finely chop 1 white onion and 1 garlic clove, sauté in a medium sized pot with olive oil on medium to low heat until translucent, cut tomatoes into chunks, add to pot, simmer slowly on low heat until juices have released, puree with hand blender, season with salt and pepper to taste, toss with your favourite cooked pasta, add a sprinkle of parmesan cheese to finish

## **PARMESAN OVEN BAKED**

cut large tomatoes in half, in a bowl add 3/4C bread crumbs, 1/4C parmesan cheese, 1 Tbsp olive oil, 1 clove chopped garlic, 3Tbsp fresh herbs (basil, oregano), salt and pepper to taste, mix, add mixture to top of tomatoes, bake in a shallow baking dish at 400C for 10-15 mins



SERVICES FOR YOUNG MOTHERS