

# Michigan Harvest of the Month



Michigan Nutrition Network at  
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

## tomatoes



### Health and Learning Success Go Hand-in-Hand

Children do better in school and are more alert when they eat breakfast. Make fruits and vegetables part of your child's meals and snacks every day. Michigan Harvest of the Month™ is a great way for your family to explore, taste, and learn about eating more fruits and vegetables and being active every day.

### Let's Get Physical!

- Make walking to school a daily routine. Create a team of parents who can take turns walking students safely to school. If it is too far to walk, drive students but park a few blocks away and then walk.
- Be a role model. Walk up stairs, walk to the market, or take a family walk after dinner.

For more ideas, visit:

[www.saferoutesmichigan.org](http://www.saferoutesmichigan.org)

### Healthy Serving Ideas

- Use raw tomatoes to make salsas or as a base for soups and sauces.
- Toss sliced red, yellow, and green tomatoes with your family's favorite lowfat dressing for a quick salad.
- Make a new tomato recipe. Ask your child to help choose the recipe, shop for ingredients, and prepare it.
- Buy low-sodium canned tomatoes, tomato paste, and tomato sauce when fresh tomatoes are unavailable.

### HUEVOS RANCHEROS WITH FRESH SALSA

Makes 4 servings. 1 tortilla per serving.

Cook time: 30 minutes

#### Ingredients:

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded cheese
- 2 cups fresh salsa
- ⅛ teaspoon ground black pepper

1. Preheat oven to 450° F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook egg substitute in skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

#### Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*



### Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)

Calories 16      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%

### How Much Do I Need?

- A ½ cup of sliced tomatoes is about one small tomato.
- A ½ cup of sliced tomatoes is a good source of vitamin C and vitamin A.
- Tomatoes are a great source of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy.

The amount of fruits and vegetables you need every day depends on your age, gender, and physical activity level. Make meal plans to help your family get the right amount of fruits and vegetables every day.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

### Produce Tips

- Look for tomatoes that are firm and give slightly to gentle pressure.
- Store ripened tomatoes at room temperature, out of direct sunlight. Use within a few days.
- Place unripened tomatoes in a brown paper bag until ripe.
- Before serving, wash tomatoes in cold water and remove any stems or leaves.