



The Terrific Tomato

About the tomato

The tomato is considered a climacteric fruit because it continues to ripen after it is picked from the vine. Never store the tomato in the refrigerator. Instead, to further ripen this fruit, put it in a paper bag for a day or two. Taste the difference a day-on-the-counter can make.

Tomato-Vegetable Salad from Israel

2 ripe tomatoes
1 cucumber
1 green pepper
1 medium carrot
Chopped fresh parsley as desired
3 tablespoons fresh lemon juice (1 lemon)
2 to 3 tablespoons olive oil
2 to 3 cloves garlic, minced, optional
Salt and pepper to taste

Dice tomatoes, cucumber and pepper. Shred carrot. Put vegetables and parsley into a salad bowl; mix by tossing with two spoons. In a little pitcher or 1-cup glass measuring cup, make dressing: stir together lemon juice, oil, optional garlic and salt and pepper. Drizzle dressing over vegetables in bowl. Toss salad until vegetables are evenly coated with dressing. Serve immediately. Makes 4 to 6 servings.

Savor the Season

Gazpacho (Chilled Tomato Soup from Spain)

2 large ripe tomatoes
1 cucumber
1 carrot
½ green pepper
½ red onion
2 cloves garlic
¾ cup (6-ounce can) tomato juice
2 tablespoons vinegar
¼ cup olive oil
½ tablespoon fresh oregano leaves or ½ teaspoon dried oregano
1 teaspoon salt and some freshly ground pepper
Garlic croutons

Peel tomatoes, cucumber and carrot. Cut all vegetables in 1-inch pieces.

Put water or tomato juice in blender container and add half of vegetables; cover and blend at medium speed a few seconds. Add vinegar, oil, oregano, salt and a little pepper. Blend soup a few seconds longer, until smooth.

Chill in blender container 2 or more hours to meld flavors. Before serving blend again briefly. Serve in chilled bowl topped with croutons. Makes 4 (1-cup) servings.