

RECIPE for health

SEPTEMBER 2008

In partnership with Health4U and University Housing

Featured Food:

TOMATOES



“What’d life be without homegrown tomatoes?...All winter without ‘em is a culinary bummer.” So go the lyrics to the song “Homegrown Tomatoes.”

You can have your tomatoes and eat them too. Here are some instructions for preserving the taste of summer for use all year round:

- Select tomatoes with a deep, red color and a rich tomato aroma when you smell the blossom (not stem) end. They should feel heavy for their size. The skin should be taut, not shriveled.

- Store fresh tomatoes at room temperature out of direct sunlight with the stem ends down until they have fully ripened. A ripe tomato will yield to slight pressure. Plan on storing for only a few days, certainly not more than a week. Once tomatoes have reached this stage, you will need to eat, cook, refrigerate or preserve them.

- Preserve by pressure canning in glass jars, or by freezing. If you have extra freezer space, this is quick and easy. Begin by sorting the tomatoes, discarding any with signs of spoilage. Wash each tomato, rubbing its surface and rinsing with running water, then blot dry. Remove the tough stem end by inserting the tip of a paring knife at an angle just outside the core; using a sawing motion, rotate the tomato until the core is cut free. Place the cored tomatoes on baking sheets and freeze. Transfer frozen tomatoes to freezer bags and store at 0° F or below for up to eight months.

- Use frozen tomatoes in cooked dishes, just as you would use fresh or canned tomatoes. Remove the number of tomatoes needed from the freezer and run under warm water to slip off the skin.

Margherita Pizza

from the kitchen of University Housing Dining Services
Serves 4 to 6

- 1 Boboli® crust (white or wheat)
- 2 teaspoons olive oil
- 3/4 teaspoon chopped garlic
- 1/2 teaspoon dried basil
- 2 each fresh tomatoes (Roma or On-The-Vine)
- 1½ cups shredded Italian-blend cheese
- 1/3 cup shredded Parmesan cheese
- 8–10 each fresh basil leaves

Combine and stir together olive oil, garlic and dried basil. Brush mixture over crust. Cut 12–15 thin slices of tomatoes. Drain tomatoes on paper towel and then place on crust. Mix Parmesan cheese with shredded cheese. Sprinkle 1½–2 cups of cheese over top of the tomatoes. Bake at 400°F for 8–10 minutes. Chop basil and sprinkle on top when pizza is done. Cut into 12 pieces.

Margherita Pizza will be featured in the MSU Residence Hall Dining Rooms at lunch on September 19 in all halls. Once you try this delectable dish, you’ll want to make it at home! Enjoy. For meal hours and complete menus, visit www.eatatstate.com.

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