



****FOR IMMEDIATE RELEASE****

Make Heart-Healthy Tomato Products a Key Ingredient in Your Summer Meals

Tomato Products Fit Perfectly into Fresh and Healthy Mediterranean-Inspired Recipes

APTOS, Calif. – (June 4, 2010) With the arrival of longer days and warm summer evenings, now is the perfect time to head outside to entertain friends and family. And nothing says summer like a crusty baguette loaded with a tangy, flavorful tomato bruschetta. Light on calories but never on flavor, tomato products will not only leave your waistline thanking you, but your heart will be in on the gratitude too. Tomato products provide your body with a diet rich in carotenoids, lycopene, vitamin C, fiber and potassium – all beneficial to [your heart](#). And just in time for the warm weather ahead, recent research has revealed that consuming tomato products may even [protect your skin](#) from the sun's harmful UV rays.

A centuries-long ingredient in the Mediterranean diet, tomato products are picked at their nutritional peak and preserved within hours of harvest. Want an added bonus? Tomato products are convenient, affordable and that delicious ingredient perfect for quick, healthy and tasty summer meals.

[The Tomato Products Wellness Council](#) (TPWC) has created a recipe lineup perfect for al fresco entertaining or just a trouble-free family meal at home. The following recipes will surely have a permanent place in your recipe repertoire:

- **For starters:** *Tomato and White Bean Bruchetta on a Grilled Baguette*
- **Entrée:** *Tuscan Tomato Turkey Burgers*
- **Side Dish:** *Grilled Vegetable and Orzo Salad*

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The [Tomato Products Wellness Council](#) is a voluntary group of growers, processors and well-known brands which oversees scientific research and identifies emerging trends and key issues of interest to the processing tomato industry. For more information on research related to tomato products and their health benefits or to download high-res recipe images, visit www.tomatowellness.com. Find us on Facebook at [TPWC](#) and [Make it Red with Tomato Products!](#) or view videos with tips on how to make your meals red on our [YouTube](#) channel.





Tomato and White Bean Bruschetta on a Grilled Baguette

Prep time: 15 minutes, Cook time: 5 minutes



Start your meal off right with this uber-healthy take on bruschetta. Save time, but don't skimp on nutrition by incorporating canned, chopped tomatoes.

Ingredients:

- 1 (15-oz.) can petite cut diced tomatoes (or chopped, diced tomatoes)
- 1/2 cup small canned white beans, rinsed and drained
- 1 tablespoon extra virgin olive oil
- 1 tablespoon white balsamic vinegar
- 1 tablespoon snipped fresh rosemary
- 1 teaspoon minced fresh garlic + 1 clove garlic, halved
- Sea salt and freshly ground pepper to taste
- 12 to 16 baguette slices
- Olive oil cooking spray
- 1 tablespoon pine nuts, toasted
- Freshly shredded Parmesan cheese

Drain tomatoes in a fine mesh strainer and place in a medium bowl. Let stand for 5 minutes then drain off any accumulated liquid. Stir in beans, olive oil, vinegar, rosemary and minced garlic. Season to taste with salt and pepper and set aside. Rub the cut side of the garlic onto baguette slices and spray with olive oil cooking spray. Grill over medium heat for a minute or 2 on each side or until nicely grill marked and crisp. Remove and let cool. Place equal amounts of tomato mixture on each baguette slice and top with pine nuts and Parmesan. Makes 12 to 16 appetizers.

Nutritional analysis per serving: Calories: 110, Fat: 4g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 410mg, Potassium: 65mg, Carbohydrates: 17g, Fiber: 3g, Sugar: 3g, Protein: 4g, Vitamin A: 6%, Vitamin C: 10%, Calcium: 4%, Iron: 6%

Grilled Vegetable and Orzo Salad

Prep time: 25 minutes, Cook time: 20 minutes



Orzo resembles rice, but is really a rice shaped pasta. Drizzling a tangy vinaigrette adds plenty of flavor, without the fat.

Salad:

- 1 (1-lb.) box orzo pasta
- 1 each: zucchini and yellow squash, sliced 1/4-inch thick
- 1 red onion, sliced 1/2-inch thick
- 1 (14.5-oz.) can diced tomatoes, well drained
- 1/2 cup chopped, smoked sun-dried tomatoes
- 1/2 cup mixed pitted olives, plus 1/4 cup olive brine from jar (or to taste)
- 1/2 cup lightly packed snipped fresh basil

Tomato Lemon Vinaigrette:

- 1/3 cup tomato paste
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1 teaspoon sugar
- 1/4 teaspoon sea salt
- Freshly ground pepper to taste

Cook pasta according to package directions; drain and let cool. Cook squash and onions on an oiled grill over medium heat for 5 to 10 minutes or until nicely charred and softened. Let cool then coarsely chop. Stir together pasta, grilled vegetables, tomatoes, sun-dried tomatoes, olives and olive brine; set aside. Whisk together *all* dressing ingredients in a medium bowl. Add to salad and toss well to coat. May be covered and refrigerated up to 3 days at this point. Stir in basil just before serving.

Nutritional analysis per serving: Calories: 220, Fat: 7g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 430mg, Potassium: 274mg, Carbohydrates: 33g, Fiber: 2g, Sugar: 5g, Protein: 6g, Vitamin A: 8%, Vitamin C: 20%, Calcium: 2%, Iron: 10%

Tuscan Tomato Turkey Burgers

Prep time: 20 minutes, Cook time: 10 to 15 minutes



Say bye bye to the boring, high-calorie burgers of summer. These decadent yet healthy burgers will soon be your new summertime favorite! Serve with orzo pasta salad.

Ingredients:

- 1 (20-oz.) package 99% fat-free ground turkey
- 1/4 cup chopped sun-dried tomatoes
- 1/4 cup minced red onion
- 1/4 cup snipped fresh basil
- 2 tablespoons shredded Parmesan cheese
- 1 teaspoon minced fresh garlic
- 1/4 teaspoon crushed red pepper flakes
- 4 slices rustic whole grain bread
- 3/4 cup warmed marinara sauce, plus additional for table
- 2 oz. thinly sliced fresh mozzarella cheese
- 1 cup fresh baby arugula
- 1 teaspoon olive oil
- 1 teaspoon white balsamic vinegar
- Sea salt and freshly ground pepper to taste

Mix turkey, sun-dried tomatoes, onion, basil, Parmesan, garlic and red pepper in a medium bowl until well blended. Shape into 4 flat patties. Cook on a well-oiled grill over medium heat for 5 minutes. Turn and top each burger with equal amounts of marinara sauce and mozzarella cheese; cook for 5 minutes more or until cheese is melted and burgers are cooked through. Grill bread slices for about 1 minute on each side or until lightly crisped. Toss arugula with olive oil and vinegar and season with salt and pepper. Place arugula onto toasted bread and top with burgers. Serve with additional warmed marinara sauce, if you like. Makes 4 servings.

Nutritional analysis per serving: Calories: 310, Fat: 9g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 70mg, Sodium: 560mg, Potassium: 289mg, Carbohydrates: 19g, Fiber: 4g, Sugar: 1g, Protein: 43g, Vitamin A: 15%, Vitamin C: 10%, Calcium: 20%, Iron: 20%