



## Tomato Products Wellness Council Healthy Cooking Toolkit

These days, serving up healthy meals is on everyone's radar, from young adults and busy families to older adults. A reported 91% of consumers say they think about the healthfulness of foods before they purchase them. One of the biggest concerns among health experts is the lack of vegetable intake in the diet. That's why including more delicious tomato products in recipes is a winning strategy. According to the USDA, tomatoes are the second most popular vegetable, second only to potatoes, and they are on the rise. In fact, the new 2015 USDA MyPlate calls specifically for adding red/orange vegetables to the diet each week, because of the unique health benefits of this group of vegetables.

Tomato products are rich in fiber, vitamin C, vitamin B6, iron, potassium, and lycopene—a powerful compound with antioxidant activity. More than 650 studies have been conducted on the health benefits of tomato products, identifying the following benefits:

- Tomato products may fight inflammation and oxidative stress.
- Tomato products may lower risk of cardiovascular disease, as well as improve cholesterol and blood pressure levels.
- Tomato products may offer protection against prostate cancer.
- Tomato products may help protect the skin against sun damage, protect bone health, and aid in glucose control.

It's easy to fit more wholesome tomato products in recipes because they are part of people's most beloved dishes, such as pizza, spaghetti, lasagna, meatloaf, soup, burritos and tacos. In addition, they are economical, easy to use, and adaptable to so many cultural foods. The following tomato products may be used in cooking at home:

- Tomato paste
- Canned whole, stewed, diced, crushed tomatoes
- Tomato juice
- Tomato soup
- Tomato, marinara, spaghetti sauce
- Salsa

Here are some tips for including more wholesome tomato products—and red/orange vegetables—on your menu:

- Add marinara sauce as a dipping sauce for chicken or pizza.
- Add salsa to a salad, burrito, or taco plate.

- Include pasta sauce with whole grain pasta dishes.
- Serve tomato juice as a beverage.
- Serve tomato-based soup, chili, or stew.
- Drizzle tomato sauce over meatloaf.
- Include canned tomatoes in smoothies.
- Put curried dishes on the menu, such as chicken or chickpea masala.

For further information on including healthful tomato products in meals, visit [tomatowellness.com](http://tomatowellness.com).

The Tomato Products Wellness Council Healthy Cooking Toolkit includes the following recipes with nutritional analysis.

- Garden Patch Lasagna
- Beef and Bean Burrito Bowl
- South of the Border Pizza
- Penne with Chorizo and Kale
- Red Beans, Spinach and Beef

## GARDEN PATCH LASAGNA



**Makes 10 servings**

### **Ingredients:**

- 1 teaspoon salt (optional)**
- 1 pound 4 ounces whole wheat lasagna noodles, uncooked**
- 2 tablespoons vegetable oil**
- 2 ½ cups shredded carrots**
- 2 ½ cups spinach leaves**
- 1 cup diced onion**
- 5 cups low-sodium tomato sauce**
- ¼ cup low-sodium tomato paste**
- 1 teaspoon dried oregano**
- 1/2 teaspoon granulated garlic**
- 2 ½ cups reduced fat cottage cheese**
- 1 teaspoon dried parsley**
- ¼ cup grated Parmesan cheese**
- 1 cup shredded mozzarella cheese**

**Directions:**

Bring a large pot of water (may add salt) to a boil over high heat. Add the lasagna noodles and cook until just tender, about 10-12 minutes or according to manufactures directions. Drain and set aside.

Heat oil in a large skillet and add the onion, shredded carrots and spinach. Cook until vegetables are heated through and onion is translucent. Drain off any excess liquid.

Place the tomato sauce and tomato paste in a medium sauce pan over medium heat. Whisk until fully combined then add in the oregano and granulated garlic. Reduce heat to medium low and simmer, uncovered for 10 minutes.

In a large bowl, combine cottage cheese, dried parsley and grated Parmesan cheese. Mix well to combine.

Spread 1 cup of tomato sauce on the bottom of a large lasagna pan. Layer with a single layer of noodles,  $\frac{1}{4}$  of the carrot and spinach mixture,  $\frac{1}{4}$  of the cheese mixture, and another layer of tomato sauce. Continue to create three additional layers ending with a single layer of noodles and remainder of sauce. Sprinkle mozzarella cheese over each pan of lasagna and cover with foil.

Bake in a conventional oven at 375°F for 50 minutes; convection oven at 350°F for 40 minutes.

Remove from oven and allow to cool for 15 minutes before serving. Slice into individual servings and serve.

**NUTRITIONAL INFORMATION PER SERVING:** 368 calories, 8.9 g fat, 2.9 g saturated fat, 0.0 g trans fat, 13 mg cholesterol, 365 mg sodium, 217 mg potassium, 51.5 g carbohydrates, 9 g fiber, 6.5 g sugar, 20.9 g protein (USDA)

Recipe created by Tomato Products Wellness Council

## BEEF AND BEAN BURRITO BOWL



**Makes 10 servings**

### **Ingredients:**

#### **Spanish Rice:**

**1 ¼ cups canned diced tomatoes, with juice (preferably low-sodium)**

**2 ¾ cups brown rice, uncooked**

#### **Chili Beef Topping:**

**2 teaspoons olive oil**

**1 pound ground beef (80/20 blend or leaner), uncooked**

**1 1/2 cups diced white onion, divided**

**¾ teaspoon salt**

**2 teaspoons chili powder**

**1 ¼ cups canned low sodium tomato sauce**

#### **Homemade Salsa:**

**2 ½ cups canned diced tomatoes, with juice (preferably low-sodium), divided**  
**1/8 cup tomato paste**  
**¼ teaspoon garlic powder**  
**½ teaspoon ground cumin**  
**½ teaspoon salt**  
**1 tablespoon sugar**

**Fillings and Toppings:**

**2 ½ cups canned black beans, drained and rinsed**  
**1 ¼ cups shredded lettuce**  
**2 ½ cups shredded reduced fat cheddar cheese**

**Directions:**

**To make the Spanish Rice: Place rice and 5 cups water in a large sauce pan over medium heat. Bring to a boil, reduce heat to a low simmer and cover. Cook for 45-50 minutes until water is almost absorbed. Stir in 1 ¼ cups diced canned tomatoes with juice and stir to combine. Cover and continue to cook until all water is absorbed, about 10 additional minutes.**

**To make the Chili Beef Topping: While the rice is cooking, prepare the beef. Heat the oil in a large skillet over medium heat. Add the beef to the pan and break up the meat as it cooks and no pink remains (internal temp of 165 degrees F or higher). Remove the meat and drain off all fat in the skillet.**

**Add the onions to the skillet and cook until onion is translucent, stirring to keep from sticking and browning.**

**Return the meat to the pan and add the salt, chili powder and canned tomatoes and stir well to combine. Bring to a simmer and cook for 5 minutes. Set aside.**

**To make the Homemade Salsa: Place 1 ¼ cups diced tomatoes, onions, tomato paste, water, garlic powder, cumin, salt and sugar in a food processor or blender. Pulse until almost smooth. In a bowl, mix pureed tomato mixture and remaining 1 ¼ cups diced tomatoes until blended. Refrigerate until ready to serve.**

**To assemble: Place 1 ounce (1/4 cup) cooked beef mixture with ½ cup cooked rice in a bowl. Top with ¼ cup black beans, 1/8 cup shredded lettuce and ¼ cup shredded cheddar cheese. Top with ¼ cup salsa.**

**Vegetarian Option: Substitute black beans for beef.**

**NUTRITIONAL ANALYSIS PER SERVING: (1 ounce cooked beef, 2 ounces cooked rice, ¼ cup shredded lettuce, ¼ cup shredded cheese, 2 ounces salsa and 1 ounce black beans)**  
**574 calories, 12.8 g fat, 5.2 g saturated fat, 0 g trans fat, 61 mg cholesterol, 521 mg sodium, 1365 mg potassium, 78.7 g carbohydrates, 11.9 g fiber, 6.4 g sugars, 36.2 g protein (USDA)**

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## SOUTH OF THE BORDER PIZZA



**Makes 10 servings**

### **Ingredients:**

#### **For the pizza crust\*:**

**2 ½ cups whole wheat/enriched flour blend**

**¼ teaspoon salt**

**2 teaspoons sugar**

**1 ½ teaspoons active dry yeast**

**¾ cup + 1/8 cup water (warmed to 130° F)**

**1 tablespoon vegetable oil**

**2 tablespoons cornmeal**

#### **For the toppings:**

**1 ¼ cups tomato sauce**

**2 ½ cups refried beans**

**2 tablespoons + 2 teaspoons taco seasoning, divided**

1 cup canned corn, drained and rinsed (preferably low-sodium)  
1 cup diced green bell peppers  
2 ½ cups diced canned tomatoes, drained  
2 ½ cups shredded cheddar cheese  
1 cup shredded lettuce  
1 ¼ cups prepared salsa (preferably low-sodium)

**Directions:**

Prepare the pizza crust. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook for 30 seconds on low speed.

Whisk together the warm water and oil. Add liquids to the flour mixture and mix on low speed for 5 minutes.

Remove the dough from the mixer and gently shape into a large ball. Let sit at room temperature for at least 20 minutes before stretching.

Lightly coat a large sheet pan (13"x18"x1") with cooking spray. Sprinkle pan with cornmeal and set aside.

Place dough ball in center of pan and flatten dough by rolling or spreading with fingers to the rim of pans. Keep edges thicker than center to create a crust when baked.

Prepare the pizza toppings. Heat tomato puree and refried beans in saucepan over medium heat. Mix well to combine and season with 2 tablespoons taco seasoning.

In a separate pan, place the corn, green peppers, diced tomatoes and remaining 2 teaspoons taco seasoning in a large skillet. Cook for 10 minutes, stirring occasionally. Drain off any excess liquid.

Assemble the pizza. Spread tomato/bean mixture onto pizza crust followed by tomato-corn-pepper mixture. Sprinkle on cheddar cheese and bake until crust is lightly browned: Conventional oven: 475°F for 15-18 minutes. Convection oven: 450°F for 15 minutes.

Remove and let sit for at least 5 minutes before slicing. Cut into 10 squares and top with shredded lettuce and salsa. Serve immediately.

\*May use prepared pizza crust

**NUTRITION INFORMATION PER SERVING:** 313 calories, 12.8g fat, 6.3g saturated fat, 0.0g trans fat, 30mg cholesterol, 580mg sodium, 467mg potassium, 44.3g carbohydrates, 7.4 fiber, 6.0g sugars, 17.3g protein (USDA)

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## PENNE WITH CHORIZO AND KALE



**Makes 4 servings**

**Ingredients:**

- 2 dried ancho peppers**
- 1 cup hot water**
- 2 tablespoons extra-virgin olive oil**
- ½ onion, finely chopped**
- 1 garlic clove, finely chopped**
- 1 cup low-fat chicken broth**
- 1 cup whole tomatoes, coarsely chopped, with their juices**
- 1 cup kale, stemmed and finely chopped**
- Kosher or coarse salt**
- Freshly ground pepper**
- 4 ounces fideo or whole wheat spaghetti noodles**
- ½ pound chorizo, cooked and crumbled**
- 2 ounces queso fresco, crumbles**
- ¼ cup fresh cilantro leaves**

**Directions:**

Place the ancho peppers in the hot water and soak until soft, about 20 minutes. When soft, remove the stems and seeds and chop into small pieces. Set aside. Discard the water.

In a medium, heavy-bottomed saucepan, heat the oil over medium-high heat. Add the onion and sauté until soft, about 1 minute. Stir in the garlic and cook 1 more minute. Add the broth, tomatoes, reserved peppers, and kale. Cover and reduce the heat to low. Simmer for 15 minutes. Taste and season with salt and pepper.

Break the fideo coils into 3 or 4 pieces and add directly to the simmering sauce, stirring them in. Cover and cook until the fideo is tender and most of the sauce absorbed, about 10 minutes. Stir in the chorizo. If using spaghetti noodles, cook separately in boiling salted water.

Serve garnished with the cheese and cilantro. Serves 3-4.

**SUGGESTION:** To change the flavor profile to Mediterranean, use mild Italian sausage instead of chorizo, a few red pepper flakes instead of the soaked ancho peppers, and garnish with Parmesan cheese and parsley instead of queso fresco and cilantro.

**NUTRITION INFORMATION PER SERVING:** 504 calories, 32.5 g fat, 11g saturated fat, 0g trans fat, 62 mg cholesterol, 1103 mg sodium, 759 mg potassium, 32.5 g carbohydrates, 3g fiber, 2g sugars, 23g protein (USDA)

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## RED BEANS, SPINACH, AND BEEF



**Makes 4 servings**

### **Ingredients:**

- 1 tablespoon extra-virgin olive oil**
- ½ onion, diced**
- 1 pound lean ground beef**
- 1 bunch spinach, stemmed and finely chopped**
- 1 – 1 ½ cups canned chopped tomatoes and their juices**
- 1 teaspoon kosher or sea salt**
- ½ teaspoon freshly ground pepper**
- ¼ teaspoon chili powder**
- 1 16-ounce cans red beans, drained**

### **Directions:**

**In a large frying pan, over medium-high heat, heat the olive oil. When the oil is hot, add the onions and sauté until translucent, about 2 minutes.**

**Add the beef, and cook until opaque, about 6 minutes, stirring to crumble the meat.**

Add the spinach, and cook, turning, until wilted, about 1 minute.

Add 1 cup of the tomatoes and their juice, the salt, pepper, and chili powder. Reduce the heat to low and cover.

Simmer to allow the flavors to blend, about 10 minutes.

Add the remaining tomatoes and stir in the beans, cover, and cook another 5 minutes. Serve with rice. Serves 4.

**NUTRITION INFORMATION PER SERVING:** 446 calories, 21g fat, 7g saturated fat, 1g trans fat, 76 mg cholesterol, 1000 mg sodium, 1413 mg potassium, 32g carbohydrates, 13g fiber, 2g sugars, 34g protein (USDA)

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