



 **tomato products**
wellness council



Learning Library TODAY'S DIETITIAN

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Learn about how the nutrients in tomatoes contribute to the diet and the research showing associations between tomato consumption and reduced risk for prostate cancer. The practical application of these findings, including strategies for increasing clients' intake of cancer-protective nutrients, will also be presented. The course content was written by Sharon Palmer, RD, a contributing editor at Today's Dietitian, a freelance food and nutrition writer in southern California, and consultant for TPWC.

Tomatoes Show Particular Promise in Reducing the Risk of Prostate Cancer

This continuing education course is brought to you free of charge through the support of The Tomato Products Wellness Council (TPWC). TPWC is a nonprofit voluntary organization representing all segments of the tomato products industry. The organization supports scientific research and information on tomato products. www.tomatowellness.com

Philly Cheese Steak Smothered in Tomatoes

Just in time for the Food & Nutrition Conference & Expo in Philly, the Tomato Products Wellness Council brings you our tomatoes and vegetable infused, lighter version of Philly Cheese Steak.

Ingredients:

- 1 Tbsp extra virgin olive oil
- 1 lb. lean skirt steak, thinly sliced
- 2 cloves garlic, minced
- 1 small yellow onion, sliced
- 2 oz Portobello mushrooms, sliced
- 1 green bell pepper, sliced
- 1 15-oz can tomato sauce, no salt added
- Ground black pepper, as desired
- 1/4 tsp oregano
- 4 oz Mozzarella cheese, part skim
- 4 whole grain rolls (hoagie or submarine), split

Cooking Instructions:

1. Heat olive oil in a large skillet or sauté pan.
2. Place sliced steak into the pan and simmer until tender, about 15 minutes.
3. Add garlic and onions, cooking for 2 minutes.
4. Add mushrooms and peppers and simmer for an additional 10 minutes.
5. Add tomato sauce, black pepper and oregano and bring to simmer. Cook until vegetables and meat are very tender.
6. Arrange meat, vegetables and sauce over split roll and top with 1 oz of Mozzarella cheese.



Makes 4 sandwiches

Nutritional Information per Serving: 597 calories, 41 g carbohydrates, 36 g protein, 33 g fat, 531 mg sodium, 6 g fiber.



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