



HEALTHY & DELICIOUS

affordable recipes for the whole family



COOKBOOK FROM
**The Tomato Products
Wellness Council**



What's Inside this Cookbook

This collection of 17 recipes from the Tomato Products Wellness Council captures the wholesome essence of classic home-cooked meals for the whole family, designed for today's lifestyle. Each recipe was created by our team of diverse registered dietitians, representing many food traditions and cultures around the world, from Southern American to African, Indian, and Mexican traditions. After all, tomato products are a wonderful way to bring flavor, nutrition, and ease into trusted meal preparation. A can of tomato sauce or diced tomatoes, or a jar of salsa or marinara sauce means delicious, healthy meals in minutes. Thanks to tomato products, homemade cooking has never been so accessible! Based on the culinary traditions of expert dietitians, each recipe is healthy, easy to prepare, budget-friendly, kitchen tested, and downright delicious. In fact, each recipe has its own short step-by-step video for a quick visual on how to make the recipes. Not only is every recipe quick and simple to prepare any day of the week, these recipes meet the nutritional recommendations of the Dietary Guidelines for Americans for healthy eating. May these tomato product recipes become go-to home cooked favorites for your whole family.

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Huevos Rancheros with Red Salsa

This delicious traditional dish has been enjoyed for generations. It is still my father's favorite breakfast dish. In Mexico City, huevos rancheros is a very popular breakfast, where they are accompanied by refried beans, slices of poblano pepper, and crumbled fresh cheese. And in southern Mexico, it is common to eat them along with sliced fried bananas.

MAKES 4 SERVINGS (2 TORTILLAS WITH 2 EGGS EACH)
PREPARATION TIME: 20 MINUTES

Ingredients

8 small (4½-inch) corn tortillas
2 teaspoons vegetable oil
8 large eggs
½ cup canned refried beans
2 cups red tomato salsa
½ cup crumbled cotija cheese (or feta)

Toppings (optional)
Chopped fresh cilantro
Chopped avocado
Chopped jalapeño

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About the Recipe Author

Recipe by Karina Knight, MBA, MS, RD, Mexican-American dietitian based in Sacramento, California, and founder of California Nutrition Group.



Instructions

1. Heat a large skillet to medium heat, add tortillas in a single layer and cook until warm and slightly toasted on each side (about 2 minutes). Remove and cover to keep warm.
2. Heat oil in the large skillet. Crack each egg into the skillet carefully, without breaking yolks. Fry eggs until the whites are set and the yolks are cooked.
3. Heat refried beans and salsa on the stovetop or microwave and cover to keep warm.
4. To serve, spread 1 tablespoon of beans on each tortilla, top with one cooked egg, ½ cup of tomato salsa, and 1 tablespoon cotija cheese (or feta). May sprinkle with additional optional toppings if desired, such as chopped fresh cilantro, avocado, or jalapeño.

Nutritional Analysis (2 tortillas + 2 eggs serving): 368 calories, 35 g carbohydrate, 5 g fiber, 7 g total sugar, 0 g added sugar, 15 g total fat, 4 g saturated fat, 382 mg cholesterol, 18 g protein, 633 g sodium



Tomato Avocado Corn Salsa

Growing up in the South, corn and tomatoes were frequently served together in several of my mom's recipes. She would serve this tasty veggie combo in soups, stews, and casseroles. To pay tribute to my Southern roots, I put a new spin on the traditional salsa recipe, which you can serve over your favorite protein or with tortilla or pita chips.

MAKES 4 SERVINGS (1 CUP EACH)
PREPARATION TIME: 10 MINUTES

Ingredients

1 (14.5-ounce) can diced tomatoes, drained
1 cup whole kernel yellow corn
1 avocado, peeled, seeded, chopped
½ cup red onion, diced
¼ cup fresh cilantro, chopped
2 tablespoons fresh lime juice
½ teaspoon ground cumin
½ teaspoon garlic powder
½ teaspoon black pepper
Salt to taste (optional)



About the Recipe Author

Recipe by Andrea Mathis, registered dietitian nutritionist, owner of Beautiful Eats & Things, and author of The Complete Book of Smoothies.



Instructions

1. In a large bowl, combine the tomatoes, corn, avocado, onion, cilantro, lime juice, ground cumin, garlic powder, black pepper, and salt, if using.
2. Toss to combine, and serve with tortilla chips, tortillas, or your favorite protein, as desired.

Note: This recipe can be prepared up to one hour in advance. Cover tightly and stir gently before serving. Use no salt added canned tomatoes to further reduce sodium levels.

Nutritional Analysis (1 cup serving): 118 calories, 15 g carbohydrate, 5 g fiber, 67 g total sugar, 0 g added sugar, 6 g fat, 1 g saturated fat, 0 mg cholesterol, 2 g protein, 309 mg sodium

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Cupboard Minestrone Soup

My family loves classic, comforting soups as the foundation of a healthy, delicious meal. Based on canned vegetables, canned tomato soup, dried pasta, and dried herbs, this budget- and kid-friendly minestrone soup recipe can be made from pantry staples in 25 minutes.

MAKES 8 SERVINGS (1 ½ CUPS EACH)
PREPARATION TIME: 25 MINUTES



Ingredients

- 3 cups water
- 1 medium onion, diced
- 2 medium carrots, sliced
- 2 cloves garlic, minced
- 2 (10.75-ounce each) cans tomato soup, condensed
- 1 (14.5-ounce) can cut green beans, with liquid
- 1 (14.5-ounce) can sweet corn, with liquid
- 1 (15-ounce) can white beans, with liquid
- 1 cup whole grain elbow macaroni, uncooked
- 1 tablespoon Italian seasoning (or may substitute with dried oregano)
- ½ teaspoon black pepper



About the Recipe Author

Sharon Palmer, MSFS, RDN is known as The Plant-Powered Dietitian. Based in Ojai, California, she is an expert in plant-based, sustainable eating and the author of four books.

Instructions

1. Heat water in a large pot.
2. Add onion, carrots, and garlic. Cover with a lid and cook for 10 minutes.
3. Add tomato soup, green beans with liquid, corn with liquid, white beans with liquid, macaroni, Italian seasoning, and black pepper.
4. Cook for 15-20 minutes, covered, stirring occasionally, until pasta is tender.
5. Serve immediately.

Nutritional Analysis (1½ cup serving): 219 calories, 46 g carbohydrate, 8 g fiber, 10 g total sugar, 0 g added sugar, 10 g protein, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 44 mg sodium

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Classic Tomato Beef Stew

When I think back to my childhood and our many evenings around the family dinner table, a few recipes fondly come to mind, including this hearty and delicious beef stew. My dad was a meat-and-potatoes kind of guy, so my mom made it often. Lucky for me, she passed the recipe down from her recipe box to mine.

MAKES 8 SERVINGS (1½ CUPS EACH)
PREPARATION TIME: 2½ HOURS

Ingredients

1½ pounds beef stew meat, trimmed of fat, chopped into ¾-inch pieces
2 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon black pepper
2 tablespoons olive oil
1 large onion, diced
3 large garlic cloves, minced
¼ cup water
1 quart beef broth
3 tablespoons tomato paste
1 (15-ounce) can tomato sauce
1 pound thin-skinned potatoes (such as Yukon gold or creamer potatoes), unpeeled, chopped into 1-inch pieces
1 pound carrots, peeled, chopped into ¾-inch pieces
1 teaspoon dried thyme (or 6 fresh thyme sprigs)



About the Recipe Author

Recipe by Liz Weiss, MS, RDN, author of Liz's Healthy Table, host of the EAT, DRINK, LIVE LONGER podcast, and wellness and nutrition expert based in Boston, MA.



Instructions

1. Place the beef in a bowl and sprinkle with flour, salt, and pepper. Toss until well coated. Set aside.
2. Heat oil in a large Dutch oven or heavy pot over medium-low heat. Add onion and garlic and cook, stirring, until softened, about 5 minutes.
3. Add the meat. Cook, stirring a few times, until the meat is lightly browned, about 5 minutes.
4. Add ¼ cup water and cook, stirring often, 5 minutes.
5. Raise the heat to medium high. Add broth, tomato paste, tomato sauce, potatoes, carrots, and thyme. Stir until combined. Bring to a simmer, cover, and cook over low heat until the beef and vegetables are fork tender, about 1½ hours.

Note: For a thicker stew, place 1 additional tablespoon of flour in a small bowl with 2 tablespoons cold water; stir until smooth. When the stew is done, add the flour/water mixture, stir, and simmer 3 more minutes to thicken.

Nutritional Analysis (1½ cups serving): 237 calories, 21 g carbohydrate, 4 g fiber, 8 g sugar, 0 g added sugar, 22 g protein, 8 g fat, 2 g saturated fat, 54 mg cholesterol, 454 mg sodium

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Chinese One Pot Tomato Noodle Soup

You can find variations of tomato noodle soup traditionally in Taiwanese and Chinese home cooking classically combined with egg. This version uses whole peeled tomatoes with shiitake mushrooms and protein packed tofu for the perfect comfort food, one pot meal you can make in under 30 minutes.

**MAKES 8 SERVINGS (2 CUPS EACH)
PREPARATION TIME: 30 MINUTES**

Ingredients

- 1 tablespoon canola oil
- 2-inch piece of fresh ginger, slivered
- 8 shiitake mushrooms, sliced
- 1 (28-ounce) can whole peeled tomatoes, with juice, tomatoes quartered
- 1 (16-ounce) package of medium firm tofu
- 2 teaspoons reduced sodium soy sauce
- 10 cups water
- 8 ounces dried noodles (Chinese noodles, ramen, or rice noodles)
- 4 stalks celery, finely chopped
- ½ teaspoon salt (optional)
- ¾ teaspoon white pepper (optional)
- 2 teaspoons chili oil (optional)



About the Recipe Author

Recipe by Sherene Chou, MS, RDN, Los Angeles-based culinary dietitian focused on building a more equitable and sustainable food system through the intersection of plant-based nutrition, food, and social justice.



Instructions

1. In a large non-stick pot, heat oil on medium heat, and add ginger and mushrooms. Sauté until fragrant, about 5 minutes.
2. Add tomatoes and remaining juice, and cook until vegetables are softened, about 4 minutes.
3. Break apart tofu into bite sized pieces, and add to pot along with soy sauce, stirring well.
4. Turn heat to low. Cover, and allow tofu to marinate in mixture for 5 minutes.
5. Add water, turn heat to high, and bring to a boil.
6. Add noodles and cook, covered, over low to medium heat, until noodles are tender.
7. Turn off heat, and mix in celery, salt, and white pepper, if using.
8. Divide noodles and soup among bowls, and top with chili oil, if using.

Nutritional Analysis (2 cup serving): 126 calories, 12 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 6 g fat, 1 g saturated fat, 0 g cholesterol, 7 g protein, 261 mg sodium

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Zesty Turkey Taco Salad

This recipe makes a great family dinner for weeknights because it comes together very quickly and relies upon pantry staples and only a few fresh ingredients. I love using salad as a vehicle for almost any type of cuisine as an easy way to pack in veggies with a variety of fun toppings.

MAKES 4 SERVINGS (2 CUPS EACH)
PREPARATION TIME: 20 MINUTES

Ingredients

Salad:

- 8 ounces 99% lean ground turkey
- 1 tablespoon taco seasoning
- $\frac{1}{2}$ cup water
- 2 quarts chopped romaine lettuce
- 1 cup canned corn kernels, rinsed and drained (or freshly cooked or frozen)
- 1 cup canned black beans, rinsed and drained
- 1 avocado, cubed
- 1 cup low-fat cheddar cheese, shredded
- $\frac{1}{4}$ cup fresh cilantro, chopped

Dressing:

- 2 tablespoons tomato paste
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon minced onion
- 2 teaspoons honey
- $\frac{1}{2}$ teaspoon paprika
- 2 tablespoons water



About the Recipe Author

Recipe by Lauren Harris-Pincus MS, RDN, owner of Nutrition Starring YOU, a practice in New Jersey specializing in weight management and prediabetes. She is also the author of The Everything Easy Pre-Diabetes Cookbook and The Protein-Packed Breakfast Club.



Instructions

1. Spray a sauté pan or skillet with nonstick cooking spray, and heat on medium-high heat. Add turkey, and cook undisturbed for 5 minutes, then break up with a spatula or wooden spoon. Continue to cook until no longer pink.
2. Drain the extra liquid, add taco seasoning, and $\frac{1}{3}$ cup water. Stir while cooking, until water is absorbed. Remove from heat. Set aside.
3. While turkey is cooking, prepare the dressing in a medium bowl by whisking together the tomato paste, red wine vinegar, olive oil, onion, honey, paprika, and 2 tablespoons water until well combined. Add more water, if needed, to achieve desired consistency. Set aside.
4. In a large serving bowl or platter, add lettuce, and top with corn and beans.
5. Arrange cooked ground turkey on the greens. Top with avocado, shredded cheese, and cilantro. Drizzle dressing on top of the salad.

Note: Top the salad with tortilla chips for extra crunch.

Nutritional Analysis (2 cup serving): 343 calories, 28 g carbohydrate, 10 g fiber, 8 g total sugar, 2 g added sugar, 14 g fat, 2 g saturated fat, 33 mg cholesterol, 30 g protein, 626 mg sodium

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Easy English Muffin Pizzas

Most kids don't even get close to their daily fiber needs, and this is one recipe which offers five grams of fiber per serving, yet my children are mostly focused on how good it tastes! It's also packed with whole grain goodness and phytonutrients, plant-based compounds that offer immune protection and health benefits. If you have any left-over mushroom meat sauce, serve it over whole-grain pasta with a side salad for tomorrow's dinner.

**MAKES 8 SERVINGS (2 PIZZA HALVES EACH)
PREPARATION TIME: 25 MINUTES**

Ingredients

2 tablespoons olive oil
¼ small onion, finely chopped
2 garlic cloves, minced
6 ounces mushrooms, finely chopped
1 tablespoon soy sauce
1 teaspoon balsamic vinegar
8 ounces 99% lean ground turkey
½ teaspoon Italian seasoning
1½ cups pizza sauce
Dash black pepper
8 whole-wheat English muffins (16 halves)
1 cup low-fat shredded mozzarella cheese

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About the Recipe Author

Recipe by Melissa Halas, MA, RDN, CDE, author of the Super Crew kids' book series, and founder of SuperKidsNutrition.com, the first kids' nutrition mega website, created in 2006.



Instructions

1. In a large skillet, heat olive oil over medium heat. Add onion and garlic, and sauté for 3 minutes.
2. Add mushrooms, soy sauce, and balsamic vinegar, and sauté for 2 minutes.
3. Add ground turkey. Cook over medium heat until no longer pink, about 7 minutes, using a spatula to break apart. Stir in Italian seasoning.
4. Add pizza sauce and black pepper, and mix over low heat for 3 minutes.
5. Preheat oven to 400°F.
6. Separate whole English muffins into 16 halves, place on a baking sheet, and toast for 2 minutes.
7. Top each muffin half with about 3 tablespoons of the pizza sauce mixture and 1 tablespoon shredded cheese.
8. Place in the oven, and cook for 5 minutes, until cheese melts.

Nutritional Analysis (1 whole English muffin pizza): 259 calories, 31 g carbohydrate, 5 g fiber, 7 g total sugar, 0 g added sugar, 16 g protein, 10 g fat, 3 g saturated fat, 29 mg cholesterol, 435 mg sodium



Baked Tomato Spinach Penne Pasta

When I was a kid in the 1970s, we ate pasta every Sunday with my grandparents. Sometimes my mom would make homemade ravioli, everyone's favorite. This pasta bake takes less time to make yet offers the same delicious flavors and comfort of homemade raviolis. Lean ground beef adds extra protein, and jarred sauce saves time on busy weeknights.

MAKES 6 SERVINGS (1 ½ CUPS EACH)
PREPARATION TIME: 50 MINUTES

Ingredients

2 teaspoons olive oil, divided
8 ounces 90% lean ground beef (may use ground turkey)
2 garlic cloves, minced
1 (24-ounce) jar tomato or marinara sauce
2 tablespoons parsley, chopped (optional)
1 pound penne pasta, uncooked
10 ounces frozen loose-leaf or chopped spinach, thawed, drained
8 ounces part skim ricotta cheese
½ cup Parmesan cheese, finely grated
Black pepper, to taste

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About the Recipe Author

Recipe by Rosanne Rust, a registered dietitian who grew up next door to her Italian grandparents in Pittsburgh, Pennsylvania, but now lives on the Gulf Coast of Florida. Her latest book, *Zero Waste Cooking For Dummies®*, was dedicated to her parents, the king and queen of zero waste.



Instructions

1. Heat a 3-quart saucepan over medium heat. Add 1 teaspoon of the oil and the beef, and cook just until browned. Add garlic, and cook another minute.
2. Add the tomato or marinara sauce and 1 tablespoon of the parsley, if using. Stir, cover, and let simmer on low heat for 15 minutes.
3. While the sauce simmers, preheat the oven to 350°F.
4. Bring a large pot of salted water to a boil. Add the penne, and cook until al dente (firm to the bite), about 8 minutes. Drain pasta (but do not rinse), and return to the large pot.
5. Pour the meat-tomato sauce over the pasta, and sprinkle with half of the grated parmesan. Add spinach, and stir to combine. Add ricotta cheese, and gently stir into the pasta.
6. Transfer the pasta mixture to a 9 x 13 (or 3-quart) lightly oiled baking dish. Top with the remaining Parmesan cheese and freshly ground pepper to taste.
7. Cover and bake in the oven for 20 minutes. Uncover and bake another 10-15 minutes until golden brown. Garnish with parsley, if using.

Note: To lower sodium, make your own tomato sauce using canned tomato puree and season it yourself with herbs, ground pepper, and a pinch of salt.

Nutritional Analysis (1½ cups serving): 475 calories, 57 g carbohydrate, 34 g fiber, 7 g sugar, 0 g added sugar, 16 g fat, 5 g saturated fat, 102 mg cholesterol, 27 g protein, 749 mg sodium



Mediterranean Baked Fish with Tomatoes

This will be your go-to, weeknight dinner recipe for a deliciously easy and healthy meal you can make in just 30 minutes. Packed with heart-healthy, Mediterranean-inspired ingredients, including olive oil, tomatoes, garlic, green bell peppers, and flaky white fish, this dish will take your taste buds on a vacation to remember.

MAKES 4 SERVINGS (4 OUNCES FISH +
1/2 CUP VEGETABLES EACH)
PREPARATION TIME: 30 MINUTES

Ingredients

1½ teaspoons olive oil
3 cloves garlic, minced
1 medium yellow onion, diced
1 green bell pepper, diced
1 (14.5-ounce) can diced tomatoes, with juice
3 tablespoons tomato paste
¼ cup lemon juice
1 tablespoon dried oregano
Pinch salt
Pinch black pepper
1 pound white fish, cut into 4 (4-ounce) fillets (such as tilapia, cod, whitefish, rockfish)
3 tablespoons parsley, chopped (or 1 tablespoon dried)

Garnishes (Optional):

Red chili flakes
Hot sauce
Lemon juice



About the Recipe Author

Recipe by Sarah Koszyk, MA, RDN, registered dietitian and sports nutritionist, specializing in complete wellness from within using real food for real people.



Instructions

1. Preheat the oven to 400° F.
2. In a medium sauce pan over medium heat, heat the olive oil.
3. Add the garlic, and cook for 1 minute.
4. Add the onion and bell pepper, and cook for 3 minutes, stirring slightly.
5. Add the diced tomatoes, tomato paste, lemon juice, oregano, salt, and black pepper. Stir and cook for 3 minutes.
6. Remove from the heat. In a 3-quart rectangular baking dish, add half of the sauce. Arrange the fish fillets over the sauce. Pour the remainder of the sauce over the 4 fish fillets.
7. Place the dish, uncovered, in the oven, and bake for 20 minutes.
8. Remove the dish from the oven, and top with the chopped parsley.

Note: If desired, add red chili flakes or hot sauce for extra spice.

Nutritional Analysis (4-ounce fish fillet + ½ cup vegetable serving): 228 calories, 16 g carbohydrate, 4 g fiber, 8 g total sugar, 0 g added sugar, 5 g fat, 1 g saturated fat, 65 mg cholesterol, 33 g protein, 356 mg sodium

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Tomato Lentil Spaghetti

This kid-friendly dinner is made from pantry staples, like canned diced tomatoes, tomato paste, lentils, and whole wheat spaghetti. Smoked paprika and ground cumin create a smoky, flavorful sauce that pairs perfectly with rich, earthy tomatoes.

MAKES 6 SERVINGS (2 ½ CUPS EACH)
PREPARATION TIME: 45 MINUTES



Ingredients

2 tablespoons olive oil
1 small onion, chopped
3 garlic cloves, minced
2 medium carrots, chopped
2 celery stalks, chopped
½ teaspoon smoked paprika
½ teaspoon ground cumin
2 tablespoons tomato paste
2 (14.5-ounce) cans petite diced tomatoes, with juice*
1 cup dried green or brown lentils, rinsed
1 cup water
½ teaspoon salt
16 ounces whole wheat spaghetti
Parmesan cheese, for serving (optional)

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About the Recipe Author

Recipe by Alexandra Caspero MA, RD, author, chef and owner of Delish Knowledge and co-founder of Plant-Based Juniors.

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, garlic, carrots, and celery, and cook for 5 minutes, stirring often, until vegetables have softened.
2. Add the paprika and cumin, and cook for 30 seconds until just fragrant. Then add the tomato paste, and cook another minute, stirring.
3. Add the canned tomatoes with juice, lentils, and water. Reduce heat to low. Cook for 30 minutes, uncovered, stirring occasionally, until lentils are cooked through. Stir in the salt.
4. While the sauce is simmering, bring another large pot of water to a boil for the pasta. Once boiling, add the pasta, and cook until just al dente according to package directions. Drain, reserving 1 cup of pasta water.
5. Add the cooked pasta to the lentil sauce along with ½ cup of pasta water. Toss, coating the pasta with sauce, until well mixed. If needed, add in more pasta water, 2 tablespoons at a time, until desired consistency is achieved.
6. If desired, sprinkle on parmesan cheese right before serving.

Note: *If you can't find canned petite diced tomatoes, regular canned diced tomatoes will work.

Nutrition Analysis (2 ½ cups serving): 474 calories, 89 g carbohydrates, 13 g fiber, 9 g total sugar, 0 g added sugar, 20 g protein, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 439 mg sodium



Tomato Chicken Curry

Chicken curry is one of the most iconic Indian dishes. The curry is flavorful and delicious, and it's great served over rice or flatbread. Chicken, one of the most popular meats served in India, is typically cut into small pieces and cooked with spices, onions, and ginger, as in this classic recipe.

MAKES 8 SERVINGS (1 CUP EACH)
PREPARATION TIME: 50 MINUTES

Ingredients

3 tablespoons vegetable oil, divided
2 pounds boneless skinless chicken breast tenders, cut into 1-inch pieces
1½ cups finely chopped onion
1 tablespoon finely chopped garlic
1 tablespoon finely chopped fresh ginger
½ teaspoon turmeric
1 tablespoon coriander powder
1 teaspoon garam masala
½ teaspoon black pepper
½ teaspoon salt
¼ teaspoon chili flakes (optional, for added heat)
½ cup plain nonfat yogurt
1 (14.5-ounce) can diced tomatoes, with juice
2 tablespoons tomato paste
½ cup water
¼ cup fresh cilantro, finely chopped (optional)

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About the Recipe Author

Recipe by Madhu Gadia, MS, RD, author and Indian cuisine expert. Her expertise lies in home-style, healthy, and authentic Indian cooking.



Instructions

1. Heat 1 tablespoon oil in a heavy skillet over medium-high heat. Add the chicken pieces in a single layer, and fry for 3-5 minutes, turning the pieces over 1-2 times until they are white. Transfer the chicken to a plate.
2. Add the remaining oil and chopped onion, and stir fry for 5-6 minutes, until the onions are light brown. Add garlic and ginger, and cook for about one minute.
3. Stir in chicken with juices. Sprinkle with turmeric, coriander powder, garam masala, black pepper, salt, and chili flakes, if using. Stir and cook for 2-3 minutes to coat spices and onions.
4. In a bowl, whisk together yogurt, canned diced tomatoes with juice, and tomato paste. Add to the chicken, and stir to coat well.
5. Pour the water evenly over the chicken. Bring to a boil. Reduce heat to medium-low. Cover with a lid, and simmer for about 20 minutes. Chicken should be tender to the touch but should not fall apart.
6. Sprinkle with chopped cilantro, if using.

Note: Serve with brown basmati rice or whole wheat naan flatbread.

Nutritional Analysis (1 cup serving): 220 calories, 5 g carbohydrate, 1 g fiber, 3 g total sugar, 0 g added sugar, 9 g fat, 1 g saturated fat, 82 mg cholesterol, 27 g protein, 286 mg sodium



Crispy Chickpea Bulgur Bowl with Romesco Sauce

Romesco sauce is a traditional Spanish sauce that features roasted red peppers and tomato paste. My version is weeknight-friendly and doesn't require a blender or food processor. Mediterranean staples like eggplant, chickpeas, and bulgur round out this plant-based grain bowl.

MAKES 4 SERVINGS (1 BOWL EACH)
PREPARATION TIME: 50 MINUTES

Ingredients

Bulgur Bowl:

- 1 (15-ounce) can chickpeas, drained, reserve liquid
- 1 large eggplant, chopped into bite-size pieces
- $\frac{1}{2}$ cup whole grain cornmeal
- 1 tablespoon olive oil
- 1 teaspoon cumin
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- 1 cup bulgur, uncooked
- 3 cups water

Romesco Sauce:

- 3 roasted red peppers, finely chopped (about $\frac{1}{4}$ cup)
- 2 tablespoons olive oil
- 2 teaspoons paprika
- 1 (6-ounce) can tomato paste
- 2 tablespoons almond meal
- $\frac{1}{2}$ cup water

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Instructions

1. Preheat oven to 425°F.
2. Place eggplant in a bowl with chickpea liquid, stirring to coat eggplant. Mix in cornmeal until coated.
3. Transfer the breaded eggplant to a large baking sheet sprayed with cooking spray.
4. Mix chickpeas, olive oil, cumin, and paprika in a mixing bowl. Transfer the chickpeas to the baking sheet with the eggplant. Sprinkle with $\frac{1}{2}$ teaspoon salt.
5. Bake for 15 minutes. Use a spatula to turn the chickpeas and eggplant so that they brown evenly, then bake for another 15 minutes.
6. Combine the bulgur and water in a medium pot. Bring to a boil, and then reduce heat to low and cook, covered, for 10 minutes, until the liquid is absorbed and the grains are tender. Remove from heat but keep the lid on.
7. To make the Romesco sauce, add roasted pepper, olive oil, paprika, tomato paste, almond meal, and water to a small pot, and cook on low heat, whisking until well combined. Cook for 10 minutes, stirring occasionally, until warm.
8. To serve, divide the bulgur, eggplant, chickpeas and Romesco sauce into four bowls as follows: 1 cup bulgur, $\frac{1}{4}$ cup eggplant, $\frac{1}{4}$ cup chickpeas, and $\frac{1}{4}$ cup Romesco sauce. Serve warm.

Note: You can roast bell peppers, or buy them prepared in a jar.

Nutritional Analysis (1 bowl serving): 440 calories, 67 g carbohydrate, 12 g fiber, 9 g total sugar, 0 g added sugar, 14 g fat, 2 g saturated fat, 0 mg cholesterol, 14 g protein, 570 mg sodium



About the Recipe Author

Recipe by Kelly LeBlanc, MLA, RD, LDN, the director of nutrition at Oldways, a nonprofit organization helping people rediscover the healthy, sustainable joys of the "old ways" of shared cultural traditions.



Skillet Chicken Chermoula

Chermoula is an easy and flavorful marinade originating in North Africa that can be used for chicken, fish, or even as a dip. Growing up, my parents always made their own marinades using tomatoes, onions, peppers, garlic, and herbs. Colorful, simple, and bold, this may just become your new favorite go-to dish, like it is for me.

MAKES 6 SERVINGS (6-OUNCE CHICKEN THIGH EACH)
PREPARATION TIME: 25 MINUTES

Ingredients

Chermoula Marinade:

- 1 cup fresh cilantro, finely chopped
- 1 cup fresh parsley, finely chopped
- 1 orange, zested and juiced
- 1 lemon, zested and juiced
- 1 (14.5-ounce) can diced tomatoes, with juice
- 2 garlic cloves, minced
- 1 medium red onion, diced
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon smoked paprika
- ½ - 1 teaspoon cayenne pepper, to taste
- 1 tablespoon cumin
- 1 teaspoon black pepper

Chicken:

- 2 tablespoons olive oil
- 6 (6-ounces each) chicken thighs, raw, skin-on, bone-in, trimmed of excess fat



About the Recipe Author

Recipe by Ashley Carter, RD, LD, co-founder of EatWell Exchange, an organization focused on nutrition education with a focus on culture.



Instructions

1. In a mixing bowl, combine cilantro, parsley, orange and lemon zest and juice, tomatoes, garlic, red onion, red wine vinegar, 1 tablespoon oil, paprika, cayenne pepper, cumin, and pepper.
2. Rub half of the marinade onto chicken thighs (reserving the rest). For deeper flavor, allow to marinate at least 1 hour before cooking.
4. Heat 2 tablespoons oil in skillet on medium-high heat. Add chicken thighs, discarding used marinade. Allow to cook for 6 minutes, turn to other side, and cook for 6 more minutes, or until the internal temperature is 165°F.
5. Remove from heat and top with remaining chermoula sauce. Serve immediately.

Note: Zest orange and lemon using a grater to remove just the thin orange and yellow layer of the fruit. Juice by cutting fruit in half and squeezing by hand or using a juicing tool. Remove skin from chicken to lower saturated fat.

Nutritional Analysis (1 chicken thigh serving): 335 calories, 10 g carbohydrate, 3 g fiber, 5 g total sugar, 0 g added sugar, 15 g fat, 3 g saturated fat, 178 mg cholesterol, 39 g protein, 194 mg sodium

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Roasted Tomatoes with Okra

Are you ready for a delicious spin on tomato and okra stew? This fire roasted tomato and okra stew recipe is packed with nutrition, and also brings up fond memories of my family, when my grandmother would cook this for me during the cold winter season in Memphis.

MAKES 8 SERVINGS (1 CUP EACH)
PREPARATION TIME: 40 MINUTES

Ingredients

- 1 teaspoon olive oil
- ½ medium yellow onion, chopped
- 1 garlic clove, chopped
- 1 yellow bell pepper, chopped
- 1 (12-ounce) bag frozen okra, thawed
- 2 (14.5-ounce) can fire roasted diced tomatoes, with juice
- 1 (15-ounce) can sweet corn, rinsed and drained
- 2 teaspoons garlic powder
- 2 teaspoons thyme



About the Recipe Author

Recipe by Jasmine Westbrooks, registered dietitian and certified diabetes educator residing in Raleigh, North Carolina.



Instructions

1. Heat olive oil in a large pot on medium-high heat.
2. Add onion and garlic, and cook until onions are transparent in appearance, about 3 minutes.
3. Add chopped bell pepper, and cook until soft, about 5 minutes.
4. Add okra, fire roasted diced tomatoes, corn, garlic powder and thyme. Stir well.
5. Cover the pot, and simmer over medium-low heat for 25 minutes.

Note: This dish pairs well with brown rice or cornbread.

Nutritional Analysis (1 cup serving): 66 calories, 13 g carbohydrates, 3 g fiber, 3 g total sugar, 0 g sugar, 1 g total fat, 0 g saturated fat, 0 g cholesterol, 2 g protein, 353 mg sodium

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Southern Potluck Baked Beans

While baked beans are easily found in canned varieties these days, there's nothing that compares to the rich, sweet, and tomato-y goodness of a homemade pan of baked beans. This recipe pays homage to the backyard barbecues, family reunions, and church picnics the South is known for.

MAKES 8 SERVINGS (½ CUP EACH)
PREPARATION TIME: 3 HOURS



Ingredients

1 pound dried navy beans
2 quarts water
2 (8-ounce) cans tomato sauce
1 tablespoon tomato paste
½ cup apple cider vinegar
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
1 tablespoon reduced-sodium soy sauce
2 tablespoons yellow mustard
1 tablespoon molasses
¼ teaspoon onion powder
¼ teaspoon black pepper
Salt, to taste (optional)



About the Recipe Author

Recipe by Regan Jones, RDN, registered dietitian nutritionist and certified personal trainer. She is the creator and host of This Unmillennial Life, an iTunes Top 25 Personal Journal podcast and food blog for women who've fallen into a generational gap.

Instructions

1. Sort and rinse beans; place in a large Dutch oven or pot. Cover with water and soak overnight.
2. Drain beans and return to Dutch oven or pot. Add 2 quarts fresh water. Bring to a boil. Cover, reduce heat to medium, and simmer 2 hours or until beans are tender. Drain beans, and return to the Dutch oven or pot.
3. Add remaining ingredients to beans, stirring well. Transfer to a large casserole dish. Cover and bake at 350°F for 1 hour.

Note: This is a healthier, lower-sugar version of Southern-style baked beans, however if you want a more classic version, you may increase brown sugar to ½ cup and molasses to 2 tablespoons.

Nutritional Analysis (½ cup serving): 171 calories, 43 g carbohydrate, 19 g fiber, 9 g total sugar, 4 g added sugar, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 13 g protein, 234 mg sodium

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Rice with Pigeon Peas and Tomatoes

Arroz con gandules (rice with pigeon peas) is one of the most beloved of Puerto Rican dishes on the island. The gandules, also known as pigeon peas, provide a nutty flavor that compliments the famous sofrito sauce, which is full of bold flavors and color.

SERVING SIZE: 8 SERVINGS (1 CUP EACH)
PREPARATION TIME: 45 MINUTES

Ingredients

1 tablespoon vegetable oil
½ - 1 cup sofrito sauce (prepared or homemade*)
1 (8-ounce) can tomato sauce
¼ cup tomato paste
1 (15-ounce) can green pigeon peas (gandules), rinsed and drained
1 cup carrots (fresh, frozen or canned), diced
½ cup green beans (fresh, frozen or canned), chopped
1 quart reduced sodium vegetable broth
2 teaspoons adobo all-purpose seasoning
1½ cups short grain brown rice, uncooked
Cilantro sprigs to garnish (optional)

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About the Recipe Author

Recipe by Sylvia Klinger, registered dietitian, author, entrepreneur and founder of Hispanic Food Communications. She loves nutrition, developing delicious healthy recipes, traveling, nature, and spending time with her family.



Instructions

1. In a large pot, heat oil over medium heat. Add sofrito sauce,* tomato sauce, tomato paste, pigeon peas, carrots, and green beans. Cook, uncovered, about 5 minutes, until vegetables are tender but firm.
2. Add broth, adobo seasoning, and rice. Cover and bring to a boil, then reduce heat to low. Cook for about 25 minutes, until most of the water is absorbed and the rice is tender.
3. Remove rice from heat, covered, and let stand for 5-10 minutes. Garnish with cilantro sprigs, if desired.

Note: You may substitute other beans, like red kidney beans, for pigeon peas. *You can buy prepared sofrito sauce in a jar, or make your own by finely chopping and mixing together 3 garlic cloves, ¼ large white onion, 1 large green bell pepper, 1 small yellow or red bell pepper, ½ cup fresh cilantro, and 1 tablespoon vegetable oil.

Nutritional Analysis (1 cup serving): 241 calories, 46 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 10 g protein, 228 mg sodium



Tomato Pulav

This classic recipe is a tangy, flavorful South Indian rice dish made with tomatoes, green peas, and spices. Rice is the predominant grain in South Indian cuisine and there is a wide array of rice-based dishes served at different meals. Try serving Tomato Pulav with papadum and a cooling dip made from yogurt and cucumber.

SERVING SIZE: MAKES 4 SERVINGS (½ CUP EACH)

PREPARATION TIME: 40 MINUTES



Ingredients

- 1 cup basmati rice, uncooked
- 1 tablespoon canola oil
- 1 teaspoon cumin seeds
- 6 whole cloves
- 2 (1-inch) cinnamon sticks
- 1 teaspoon garlic, minced
- 1 teaspoon garam masala
- 1 cup frozen peas, thawed
- 1 (14.5-ounce) can diced tomatoes with green chili, with juice
- 1½ cups water
- ½ teaspoon salt (optional)
- ¼ cup cilantro or fresh mint, finely chopped

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About the Recipe Author

Vandana Sheth RDN, CDCES, FAND is a registered dietitian nutritionist, certified diabetes care and education specialist, and author of My Indian Table: Quick & Tasty Vegetarian Recipes.

Instructions

1. Rinse rice, place in a bowl, cover it with water, and soak for 20 minutes.
2. Heat oil in a saucepan on medium-high heat. Add cumin seeds, cloves, and cinnamon sticks, sauteing until fragrant and cumin turns a darker brown, about 10-20 seconds.
3. Add minced garlic and garam masala; sauté for 10 seconds.
4. Add tomatoes, water, and salt, if using, and bring to a boil.
5. Add rice and peas. Stir well and bring to a boil.
6. Reduce heat to low, cover with a lid, and cook for 10-15 minutes until rice is done.
7. Turn off the stove, add finely chopped herbs.
8. Fluff the rice and serve.

Note: You can substitute brown basmati rice to make it a whole grain option by modifying the water and cooking time. Discard whole cloves and cinnamon before eating. Garam masala is a key spice mixture used in many Indian dishes which may be found in many well-stocked markets, Indian markets, or online.

Nutritional Analysis (½ cup serving): 163 Calories, 27 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 4 g fat, 0 g saturated fat, 0 g cholesterol, 5 g protein, 296 mg sodium



Tomato Nutrition and Cooking Tips

Choosing tomato products in your recipes provides a real nutrition and flavor boost, while saving time and money. Tomato products are harvested at their flavor and nutritional peak, and then sealed in the can or jar within just a few hours after harvest. Very reasonably priced, they can be a budget-friendly and convenient option—no washing or chopping required. And canned tomato products still contain their original nutrients—even more, considering that the powerful antioxidant lycopene that gives tomatoes their beautiful scarlet hue is even more available to the body in its cooked form. Processed tomato products, including canned tomatoes, marinara sauce, tomato paste, salsa, and tomato soup, are rich in a wide variety of health-protective nutrients in addition to lycopene, including potassium, fiber, and vitamins A and C.

Eating just a few servings of tomato products a week makes it easy to reach the recommended 2-3 cups a day of vegetables you should be consuming every day. (Just $\frac{1}{2}$ cup of tomato puree delivers 2 servings of vegetables!) Tomato products are also part of healthful, traditional, cultural diet patterns, such as the Mediterranean diet, which is linked with lower risks of chronic diseases, and is recommended as a healthy option by highly respected organizations, such as USDA, the American Heart Association, and the American Institute for Cancer Research.

Your family's favorite meals rely on tomato products. Crowd pleasers like pizza, lasagna, tomato soup, curry, noodle dishes, tacos, and chili are simple, satisfying, and always delicious. The recipes in this cookbook are developed by dietitians and are inspired by their own traditional family favorites that span the globe. This diverse collection is sure to include your family's next go-to favorites.

5 Quick Ways Tips to Use Tomato Products

Beyond these recipes, tomato products are a snap to include in most any meal, with or without a recipe.

1

Add canned diced, stewed, or whole tomatoes to a pot of soup, stew, or chili.

2

Combine a can of tomato sauce and tomato paste with Italian herbs to make pizza sauce; add a can of crushed tomatoes with veggies—sautéed onion, garlic, bell pepper, mushrooms—and lean ground turkey or cooked lentils to make a pasta sauce.

3

Mix a drained can of diced tomatoes into egg dishes, like omelets, frittatas, and quiches.

4

Make salsa with a can of fire-roasted diced tomatoes, a can of diced green chiles, and lime juice.

5

Top your next sheet pan meal—veggies, beans, fish—with a can of diced tomatoes for extra color, flavor, and nutrients.

Processed Tomato Product	Culinary Use
Canned, whole, peeled	Use whole, or diced or blended into sauces. Great in soups, curry dishes, chili, noodles, rice, and stews.
Canned, Diced	Chopped and ready for use in salsa, chili, gazpacho, or ceviche; perk up rice or other whole grain side dish; add to soups instead of broth.
Canned, Stewed	Simmer in fish chowder, cioppino, or beef stew; sauté with spinach or green beans, garlic, and seasonings.
Canned, Crushed	Good for chunkier sauces, make a quick sauce with olive oil, onion, garlic, and Italian herbs for pasta, pizza, lasagna.
Canned, Puree	Great as a base for sauces, soups, dips, marinades, and even ketchup.
Canned, Sauce	Pour over turkey meatloaf, add to stuffed squash or eggplant parmesan, use as enchilada sauce, or stir into vegetable soup.
Canned, Paste	Use to deepen and enhance the flavors; mix it into taco filling, meatloaf, sloppy joe's and stuffed peppers.

Cooking Safety Reminders

Remember to play it safe in the kitchen with these food safety tips.

- Wash hands, surfaces, and utensils after contact with raw meats, poultry, seafood, or eggs.
- Rinse produce under cold running water, using hands or a vegetable brush to clean.
- Do not reuse marinades used on raw foods.
- Use a food thermometer to check for safe internal temperature for cooking meat. (Ground meats-160°F, poultry-165°F, pork-145°F, fish-145°F)

Source: The Partnership for Food Safety Education