



BENEFITS

Because everybody's right about them!

Yes, tomatoes are both a fruit and a vegetable! From a botanical perspective, tomatoes are fruits, just like squash and cucumbers. But in the kitchen, they are used like vegetables!

Because they're international!

Originally from South America, today, tomatoes are grown and prepared on every continent. Raw or cooked, it's a staple ingredient in Italian, Provençale, Greek, Spanish and, especially, Mexican cuisine.

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

BRUSCHETTA

Portions: 6 to 8  15 min

Ingredients

- 10 plum tomatoes, seeded and finely diced
- 2 to 3 cloves garlic, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) balsamic vinegar
- Salt and pepper to taste
- Fresh herbs to taste (basil, coriander, parsley)

Variations (these other ingredients can be added, finely chopped, according to preference)

1. Feta cheese + olives + green onions + oregano
2. Dried tomatoes + marinated artichokes + parsley
3. Cantaloupe + cucumber + red onion + mint
4. Halloumi cheese + olives + basil

Directions

Mix together all the ingredients in a bowl.

Note

Serve with croutons or pitas.

Source: Julie Strecko, RD

Tip!

Tomatoes can also be peeled and seeded before preparing them. Simply plunge them in boiling water for 15 to 30 seconds and the skin will come off easily once they cool.



FRESH TOMATO TART

Portions: 4  10 min  30 to 40 min

Ingredients

- Shortcrust pastry dough (home-made or store-bought)
- 3 tomatoes, cut into round slices
- 15 ml (1 tbsp) olive oil
- 125 g goat cheese (about 125 ml or 1/2 cup)
- 1 to 2 green onions, finely chopped
- Fresh herbs of your choice (thyme, chives, basil)
- Salt and pepper

Directions

1. Roll out the pastry dough and line a 25-cm (9 to 10") pie plate.
2. Arrange the tomato slices on the bottom of the pie crust.
3. Drizzle with olive oil and add the green onions, salt, pepper and fresh herbs.
4. Top with the goat cheese.
5. Bake in oven 30 min or until the crust is crisp and golden and the goat cheese is slightly browned.

Shortcut Pastry Dough (for 2 pie crusts)

Ingredients

- 375 ml (1 1/2 cup) unbleached flour
- 125 ml (1/2 cup) cold butter
- 2.5 ml (1/2 tsp) salt
- 1 egg
- 45 to 75 ml (3 to 5 tbsp) water

Directions

1. In a bowl, mix together the flour and salt.
2. Incorporate the butter using a pastry cutter or a food processor to obtain a crumbly texture.
3. Make a well in the centre and add the egg and water. Gradually incorporate the flour into the liquid to form a smooth dough. Avoid overmixing.
4. Let stand 30 min in the fridge.

Source: La Tablée des chefs
equiterre.org/solution/recettes