



## Get to know: Tomatoes

The tomato is the edible fruit of the nightshade *Solanum lycopersicum*. The species originated in the South American Andes Mountains and spread throughout the world following the Spanish colonization of the Americas. Botanically, a tomato is a fruit: the ovary, together with its seeds, of a flowering plant. However, the tomato has a much lower sugar content than other edible fruits, and doesn't taste as sweet. They can therefore be considered a culinary vegetable - causing some confusion.



### Nutrition

One cup (100g) of tomato has 18 calories, 3.9g of carbohydrates, 1.2 g of fibre, and 0.9g of protein. With 18 calories per 1-cup serving, tomatoes fill you up, without costing you too many calories. So if your desire it to lose weight, then "fruits" such as tomatoes make a good choice.

### Fun Facts

The scientific species epithet *lycopersicum* means "wolf peach", and comes from German werewolf myths. These legends said that deadly nightshade was used by witches and sorcerers in potions to transform themselves into werewolves, so the tomato's bigger ancestor was called the "wolf peach" when it arrived in Europe. The word "tomato"

though originates from the Spanish word *tomate*, which in turn comes from the Nahuatl word *tomatl*, literally translated as "fat water" or "fat thing".

### Health Benefits

Move away oranges, tomatoes are just as vital a source of vitamin C as you are – with a staggering 33% of your daily needs in one serving. However, that is not the only reason to indulge yourself on these low calorie fruits. Tomatoes also provide 24% and 20% of your daily need of Biotin and Molybdenum respectively. These vitamins are all vital when it comes to providing anti-oxidant and cardiovascular support, one of which helps the regulation of fat in your arteries, reducing the risk of blood clotting. Tomatoes have also in recent studies been heavily associated with the prevention of prostate cancer by supplying Alpha-tomatine. This saponin phytonutrient has shown the ability to alter metabolic activity in developing prostate cancer cells and trigger programmed cell death (apoptosis) in prostate cancer cells that have already been fully formed.

source: [en.wikipedia.org/wiki/tomato](https://en.wikipedia.org/wiki/tomato), [www.whfoods.com](http://www.whfoods.com),

image: [www.finecooking.com](http://www.finecooking.com)

## What you can try with tomatoes:

### Salmon with kohlrabi and fennel slaw recipe

Recipe by: love food

Serves: 4

#### What You Need:

- 750 g salmon fillets
- salt
- olive oil
- 2 lemon
- 350 g cherry tomatoes
- bunch basil
- 30 g black olives
- 2 garlic cloves
- 2 fennel
- 1 kohlrabi
- bunch flat leaf parsley
- 100 g Greek yogurt

#### What To Do:

1. For the sauce: bring a sauce pan of water to the boil. Place the ice cubes in a bowl and cover with cold water.
2. Cut the cherry tomatoes in half and place in a bowl, season with salt and allow the salt to extract the juices from the tomatoes for 30 minutes.
3. Peel and finely dice the garlic. Pick the leaves from the basil and carefully cut the leaves. Add the olives, diced shallot and garlic to the tomatoes and add the olive oil. Fold through the basil and keep the sauce at room temperature and allow the flavours to develop.
4. For the slaw: peel the kohlrabi and slice very finely either with a sharp knife or mandolin. Cut the slices into very thin strips (julienne) and season with salt to soften the kohlrabi. Cut the fennel in half and remove the tough core. Slice the fennel very finely on a mandolin and season with salt to wilt the fennel. Mix the fennel, kohlrabi, garlic and parsley with the Greek yogurt and add a squeeze of lemon juice..
5. For the salmon: preheat the oven to 180°C. Heat a frying pan or griddle until very hot.
6. Season the salmon with salt and rub in the olive oil. Sear the salmon in the pan for 1 minute on each side. Transfer the salmon to the oven and cook for 2 minutes. The salmon needs to be pink in the middle. Remove from the oven and allow to rest for a few minutes. Squeeze on the lemon juice.

source: [www.lovefood.com/guide/recipes/16304/salmon-with-kohlrabi-and-fennel-slaw-recipe](http://www.lovefood.com/guide/recipes/16304/salmon-with-kohlrabi-and-fennel-slaw-recipe)

## Don't feel like having fish tonight? Then you can try these:

- Tomato Tarte Tartin: [www.taste.com.au/recipes/26348/tomato+tarte+tatin](http://www.taste.com.au/recipes/26348/tomato+tarte+tatin)
- Cherry Tomato Salad: [www.foodnetwork.com/recipes/patrick-and-gina-neely/cherry-tomato-salad-with-buttermilk-basil-dressing-recipe2.html](http://www.foodnetwork.com/recipes/patrick-and-gina-neely/cherry-tomato-salad-with-buttermilk-basil-dressing-recipe2.html)
- Tomato Chutney: [www.bbcgoodfood.com/recipes/2949/homemade-tomato-chutney](http://www.bbcgoodfood.com/recipes/2949/homemade-tomato-chutney)