The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com

The Taste of Summer

Fresh Garden **Tomatoes**



without the taste of fresh tomatoes so good to begin with. straight off the vine.

full steam into season. I have 3 tomato plants in my container garden that are now producing thought to be poisonous (although more tomatoes than we can think the leaves are poisonous). up ways of using them. When

Summer wouldn't be the same is more, because the produce is toes growing in Montezuma's gar-

year when tomatoes start coming considered deadly poisonous. A member of the deadly nightshade family, tomatoes were erroneously

you are working with garden fresh South America and Central America. mato skins adhering to the lining of tomatoes, sometimes doing less In 1519, Cortez discovered toma- the stomach.

SAFEWAY

Ingredients for life.

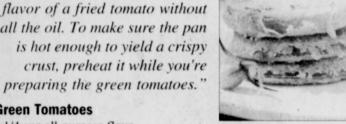
It's hard to believe that such a Europe where they were planted as Mid July is about the time of widely-used food source was once ornamental curiosities, but not

> Up until the end of the eighteenth century, physicians warned against eating tomatoes, fearing The tomato is native to western but also stomach cancer from to-

Seventy-seven years later, in dens and brought seeds back to 1897, Campbell's came out with condensed tomato soup, a move that set the company on the road to wealth as well as further endearing the tomato to the general public. Due to the Tomato having such a high Acidic content it they caused not only appendicitis quickly became a favorite for canning and was on the most popular canned items by the end of the nineteenth Century.

Unfried Green Tomatoes with Fresh Tomato Gravy

"We found a way to get the flavor of a fried tomato without all the oil. To make sure the pan is hot enough to yield a crispy crust, preheat it while you're



Green Tomatoes

- 1/4 cup all-purpose flour · 1/4 cup yellow cornmeal
- 1/4 tsp. salt
- · 1/4 tsp. black pepper
- · Dash of sugar • 16 (1/2-inch-thick) slices green
- tomatoes (about 3 green tomatoes)
- 1/3 cup fat-free milk
- · Cooking spray

Gravy

- 1 Tbs. butter
- · 1 cup chopped mushrooms
- 1/2 cup finely chopped onion
- · 2 cups finely chopped peeled red tomato
- 1/4 tsp. salt
- · 1/4 tsp. black pepper

Directions

- 1. Preheat oven to 400°.
- 2. To prepare the green tomatoes, combine flour and next 4 ingredients (flour through sugar) in a shallow dish. Dip tomato slices in milk; dredge in flour mixture. Lightly coat both sides of tomato slices with cooking
- 3. Place a baking sheet in oven; heat at 400° for 5 minutes. Remove from oven; immediately coat with cooking spray. Place tomato slices on preheated baking sheet. Bake at 400° for 25 minutes, turning after 15
- 4. To prepare the gravy, melt butter in a medium nonstick saucepan over medium heat. Add mushrooms and onion, and cook 4 minutes or until tender, stirring frequently. Add chopped red tomato; bring to a boil, and cook for 10 minutes or until liquid almost evaporates. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Spoon the gravy over the tomato slices. Yield: 4 servings and 1/3 cup gravy

Granny's Tomato Pie

"Granny shared this secret family recipe one hot July after-



and chopped

• 3 Tbs. mayonnaise

· Salt/pepper to taste

· 1 tsp. dried basil, divided · 1 clove fresh garlic, minced

• 3/4 cup shredded cheddar cheese

noon; as a reward for picking the ripe tomatoes from her garden. It really does taste like a BLT."

Ingredients

- 1 double pie crust recipe (9" pie), 3/4 cup Monterey Jack cheese feel free to cheat and use refriger- • 1/2 pound bacon, cooked, drained
- · 4 very ripe tomatoes, peeled, cored and sliced
- 1/2 medium red onion, very thinly sliced

Directions

- 1. Place the peeled and sliced tomatoes in a colander over a large bowl or the sink, sprinkle with salt and pepper. Allow to sit while preparing the other ingredients.
- 2. Preheat the oven to 425F. In a bowl combine the cheese, bacon, and 3-Tbs. mayo. Mix thoroughly. Carefully lay the bottom pie curst in a 9"inch pie plate. Arrange a layer of tomatoes, sprinkle with half the sliced onion, half the garlic, and 1/2-tsp. dried basil. Repeat the first layer with the remaining tomatoes, onions, garlic and basil. Top with cheese
- 3. Add second crust, seal the edges, and cut slits in the top.
- 4. Bake for 45 minutes, checking after 30 minutes (cover with foil if the crust browns early).
- 5. Let cool 10-15 minutes to allow cheese to set.
- Note: A quick hot water bath will make the tomatoes easier to peel.



Green Tomato Cake

"This is a moist, spicetype cake...a good way to use some of those extra green tomatoes.

Ingredients

- 4 cups chopped green tomatoes 1 tsp. ground cinnamon
- · 1 Tbs. salt • 1/2 cup butter
- · 2 cups white sugar
- · 2 eggs
- · 2 cups all-purpose flour
- 1 tsp. ground nutmeg
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup raisins
- 1/2 cup chopped walnuts

Directions

- 1. Place chopped tomatoes in a bowl and sprinkle with 1 tablespoon salt. Let stand 10 minutes. Place in a colander, rinse with cold water and drain. 2. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13inch baking pan.
- 3. Cream together; butter and sugar until smooth. Add eggs and beat until creamy.
- 4. Sift together flour, cinnamon, nutmeg, soda and 1/4 teaspoon salt. Add raisins and nuts to dry mixture; add dry ingredients to creamed mixture. 5. Dough will be very stiff. Mix well.
- 6. Add drained tomatoes and mix well. Pour into the prepared 9 x 13 inch
- 7. Bake for 40 to 45 minutes in the preheated oven, or until toothpick inserted into cake comes out clean.

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See store for details











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