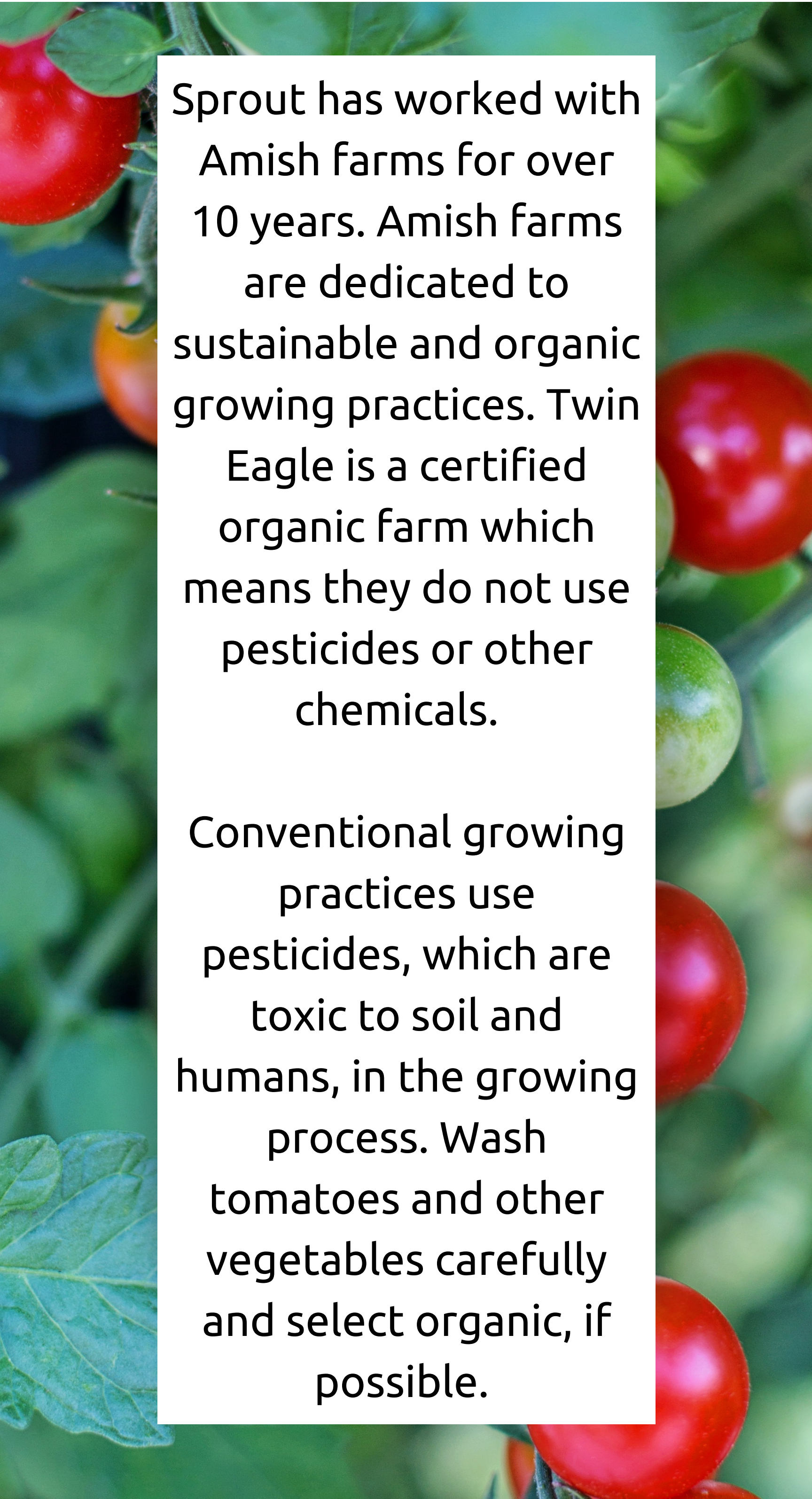


# Food for Health: Tomatoes

Twin Eagle - Eagle Bend, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Sprout has worked with Amish farms for over 10 years. Amish farms are dedicated to sustainable and organic growing practices. Twin Eagle is a certified organic farm which means they do not use pesticides or other chemicals.

Conventional growing practices use pesticides, which are toxic to soil and humans, in the growing process. Wash tomatoes and other vegetables carefully and select organic, if possible.

Tomatoes are technically a fruit, but their savory taste ensures they're used more as a vegetable.

Tomatoes are a good source of potassium, vitamin C, vitamin K, vitamin A, and the phytonutrient carotene lycopene.

Phytonutrients are nonessential nutrients but provide significant health benefits. Phytonutrients are chemicals produced by plants to stay healthy and colorful. They improve immune health and reduce inflammation.

“

We are charged with taking care of the land for future generations.

- Arlene Jones, Sprout

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## No Fuss Frittata

### Directions

1. Preheat oven to 350 F. In a bowl, beat the eggs, salt, pepper, and herbs.
2. Add onions, zucchini, mushrooms, garlic, and 1 Tbsp of oil over medium heat in a medium skillet and sauté for 2 minutes. Then, add to the egg mixture.
3. Add 1 Tbsp of oil to an oven-safe skillet to coat the bottom. Pour the egg and veggie mixture into the skillet and sprinkle cheese on top.
4. Bake for about 12 minutes, until firm and puffy.

### Ingredients

- 6 eggs, beaten
- Salt and pepper to taste
- 2 Tbsps fresh or dried herbs on hand
- 2 Tbsps sunflower oil
- ¼ cup onion, diced
- ¼ cup zucchini, diced
- ¼ cup mushrooms, diced
- ¼ cup cherry tomatoes, halved
- 2 garlic cloves, minced
- ¼ cup of your favorite cheese

Flavor: tomatoes taste slightly acidic

Storage: Store tomatoes at room temperature.

To learn more, visit the  
Sprout website at  
[www.sproutmn.com/recipes](http://www.sproutmn.com/recipes).

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