

# *One Tomato, Two Tomatoes,*

Lately the preserve of a few eccentric gardeners, heirloom tomatoes are making a comeback — thanks to their unique flavours and gorgeous colours

RECIPE DEVELOPED FOR *CANADIAN HEALTH* BY STEVE PITT

NUTRITIONAL ANALYSIS BY SUSIE LANGLEY, RD

PHOTOGRAPHY BY BERNARD CLARK



# Three Tomatoes, Four...

## Heirloom Tomato Salad

1 tsp (5 mL) sherry vinegar  
 2 tbsp (30 mL) extra-virgin olive oil  
 2 tbsp (30 mL) shallot, cut into rings  
 2 tbsp (30 mL) fresh basil leaves, cut into thin ribbons  
 Freshly cracked black pepper to taste  
 1 lb (500 g) heirloom tomatoes (as many different varieties as possible), cut into bite-sized chunks  
 1/4 tsp (1 mL) sea salt

- 1 Mix vinegar, oil, shallot, basil and pepper in a small bowl. Let stand at least 15 minutes.
- 2 Place tomatoes in a large bowl. Add salt and pour dressing over tomatoes. Stir gently until all tomato pieces are covered. Serve on a bed of arugula with lightly toasted whole-grain bread.



Makes 4 servings

[Per serving (with bread and arugula) 120 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 2 g fibre, 2 g protein, 11 g carbohydrates, 180 mg sodium. Good source of vitamin A, vitamin C and potassium]

**EVOO** Extra-virgin (first pressing) olive oil is a staple of the heart-healthy Mediterranean diet. Apart from its abundance of benign monounsaturated fat, which protects the cardiovascular system against oxidative damage and atherosclerosis, EVOO is loaded with plant polyphenols. Phenolic compounds have anti-inflammatory, blood-thinning and antioxidant properties. Emerging evidence suggests that olive oil's protective effects may also extend to colon cancer and osteoporosis. Data from the Eurolive Study indicate that two tablespoons (30 mL) of EVOO a day make a healthy addition to your diet. — D.S.

### HOT TOMATOES

The second most popular vegetable in North America after the potato, the tomato is a valuable source of vitamins A and C and potassium. It also delivers dietary fibre, especially when eaten with skin on and seeds in. The tomato gets its bright colour from lycopene, a red carotenoid pigment with antioxidant properties that may protect against degenerative eye disease and some cancers. — D.S.

### Want this recipe?

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We tell you why a recipe is nutritious and how certain ingredients give you the jump on good health. 💡