

# All About Tomatoes



AFFILIATED WITH  NORTHSIDE HOSPITAL  
CANCER INSTITUTE

## Simple Gazpacho

Yields: 4 servings

2.5 pounds tomatoes, cut into chunks  
7 oz cucumber, chopped  
7 oz bell pepper, chopped  
2 garlic cloves, finely grated  
1 tsp sherry vinegar

1 tsp red-wine vinegar  
1/4 cup extra virgin olive oil  
1 tsp kosher salt  
Freshly ground black pepper

In a food processor, puree tomato until almost smooth. Add cucumber, bell pepper, garlic, vinegars, and oil and season with salt and pepper. Pulse until mostly smooth. Chill soup in the refrigerator until ready to serve. Or serve in chilled bowls.

## Warm Cherry Tomato and Basil Pasta Salad

Yields: 4 servings

4 tablespoons extra virgin olive oil, divided  
1 small sweet onion, sliced  
2 pints cherry tomatoes, cut in half  
2 cloves garlic, minced  
1 tablespoons red wine vinegar

1/2 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
3 cups cooked whole wheat fusilli pasta or your  
favorite type of pasta  
1/4 cup fresh basil, thinly sliced  
1/4 cup Parmesan, shredded

Heat 1 tablespoon of extra virgin olive oil in a medium saucepan over medium heat. Add onion and cook, stirring often, until softened, about 4 minutes. Add tomatoes and garlic and cook, stirring occasionally, until tomatoes beginning to release juices, 4-6 minutes. Add vinegar and remaining oil; season with salt and pepper. Add cooked pasta. Stir to combine. Garnish with fresh basil and Parmesan cheese.



Class taught by: **Chef Ashley R. Van Cise, RDN, LD**