



FarmFresh

Recipes

June 2018

Available Now...

Tomatoes

Colorado's plentiful sunshine is perfect for growing tomatoes outside, or in! In fact, tomatoes are grown under more than one million square feet of glass or other protection in Colorado.



Tips & Nutrition

Choose tomatoes with bright, shiny skins and firm flesh. Tomatoes taste best if not refrigerated. Store at room temperature away from direct sunlight. Tomatoes are very low in sodium, high in Vitamins A and C and a good source of potassium.



Fresh Inspirations...

Italian Grilled Cheese

Ingredients

- 1 Tbsp. Olive Oil
- 2 Slices Ciabatta Bread
- 1 Tbsp. Sun Dried Tomato Pesto
- 2 Slices Tomato, cut to 1/2" thick
- 1/4 Cup Mozzarella/Parmesan Cheese Blend, shredded
- 6 Leaves Fresh Basil
- 2 Tbsp. Parmesan Cheese, shredded

Directions

Preheat cast iron skillet to medium. Brush each outer slice of bread with olive oil, turn over and build sandwich with pesto, tomato, cheese blend and basil then top with second slice of bread. Place the sandwich in the skillet and sprinkle 1 Tbsp. of the shredded Parmesan on the top slice. Let the cheese get crusty, approximately 4 minutes, then flip the sandwich over using a spatula. Sprinkle the last 1 Tbsp. of shredded Parmesan on the other slice of bread. Cook until cheese and bread are melted and crusty. Remove sandwich, cut in half and serve with red sauce for dipping.

Enjoy with a glass of Colorado wine such as Tyrannosaurus Red from Carlson Vineyards in Palisade, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Green Beans