

Yellow Grape Tomatoes are a hybrid of cherry and plum tomatoes. Tomato is a fruit by definition (fruit contains seeds), but is nutritious like a vegetable. A farmer bought grape tomato seeds from Taiwan in 1990s and introduced them to the U.S. He started the name “grape tomato”. They are low in calories and high in vitamins A and C, potassium, and antioxidants. Grape tomatoes are labor intensive to harvest. Each small tomato has to be picked by hand because they don’t ripen at the same time. Some varieties of yellow grape tomatoes are called Lemon Fizz, Morning Sun, Golden Honey Bunch and Solid Gold.

**How do you fix a broken tomato?**

*Tomato paste.*

**What did the father tomato say  
to the little tomato on a family walk?**

*Ketchup (catch up).*



## Grape Tomato Kabobs

- 12 plastic or wooden toothpicks
- 12 grape tomatoes, washed and dried
- 3 pieces string cheese, cut into 4 pieces
- 12 fresh basil leaves (optional)
- 1/4 cup Italian dressing

On each toothpick, thread 1 tomato, 1 piece of cheese and 1 basil leaf (if using); place on serving plate. Just before serving, drizzle kabobs with dressing.



## Roasted Grape Tomatoes

1 pound grape tomatoes (varied colors are nice)  
½ medium red onion, cut into ¼ inch-thick slices  
2 to 3 tablespoons olive oil  
2 tablespoons fresh oregano leaves, divided  
Salt  
Freshly ground black pepper

Preheat the oven to 350 degrees. Line a large baking sheet with parchment paper.

Toss together the tomatoes, onion, olive oil, and 1 tablespoon of the oregano on the prepared baking sheet. Season with about ½ teaspoon salt and ¼ teaspoon pepper and roast until the vegetables are softened, caramelized, and fragrant, about 45 minutes.

Remove from the oven, season with additional salt and pepper, if necessary, and toss with the remaining 1 tablespoon of oregano. Serve warm or at room temperature.



## Gold Grape Tomatoes

### Nutritional Facts

Serving Size: 3oz (84g)

Amount per Serving

**Calories** 15      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g      **0%**

**Cholesterol** 0g      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrates** 3g      **1%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein** 1g

Vitamin A 2%      •      Vitamin C 50%

Calcium 2%      •      Iron 50%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your needs.