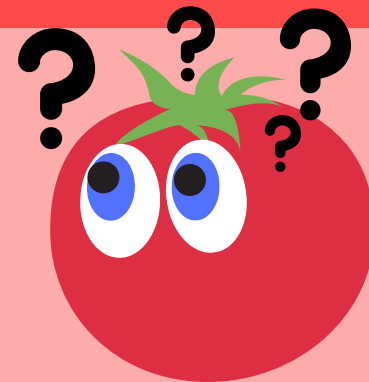


Tomatoes

They are technically a fruit, but we call them a vegetable because they are not sweet.



They have a lot of lycopene, which is a natural plant chemical makes tomatoes red. Lycopene can also help prevent heart disease and cancer.

Chop them up with onions and peppers and put them in a salsa!

