

Chickpea Caprese salad

Recipe created by: Angelica Pozzoli, Dietetic Intern

INGREDIENTS

- 1 can of chickpeas, drained and rinsed
- 1/4 cup chopped red onion
- 1 cup cherry tomatoes, halved
- 1 cup baby arugula
- 1/4 cup fresh basil, finely chopped
- 3 tsp minced garlic
- 2 tsp extra virgin olive oil
- 3 tsp balsamic vinegar
- 1 tsp salt
- Fresh black pepper to taste
- 1 cup chopped fresh mozzarella

DIRECTIONS

1. Combine all of the prepped ingredients except mozzarella in a large bowl and mix carefully.
2. Cover and refrigerate until ready to serve.
3. When ready to serve, mix in mozzarella and enjoy.



FUN FACT

The name of that salad comes from the island of Capri, Italy. It was made to resemble the colors of the Italian flag: green, white, and red.



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Thee state vegetable of NJ, tomatoes!

GARDENING, SHOPPING & PREPARATION TIPS

- Tomatoes grow on a plant that has a weak, woody stem and they often need support to grow upright.
 - **Pro tip:** Regularly pruning (removing leaves) tomato plants will help the plant produce more fruit.
- Refrigeration kills the flavor of tomatoes.
- Tomatoes are generally classified into three groups: Cherry, Plum and Slicing.
 - **Slicing tomatoes** are large round varieties, which hold more juice and seeds. They are perfect for eating raw in a wide variety of ways.
 - Examples: beefsteak, heirloom
 - **Plum tomatoes** are meaty, eggplant-shaped, and may be red or yellow. They are excellent for sauce making, canning, and pizzas.
 - Examples: Roma, San Marzano
 - **Small cherry-type tomatoes** are generally served whole, although they can be cut in half and sautéed in any dish.
 - Examples: Cherry, grape

PRODUCE SEASONALITY IN NJ

- Tomatoes: Beginning of July - End of October

NUTRITION FACTS

- Half a cup of tomatoes contains 40% of the recommended daily value for vitamin C and they are a good source of Vitamin A.
- Tomatoes are also very rich in antioxidants like lycopene, which research has extensively linked to heart-healthy benefits.

Fruit versus Vegetable?

- Tomatoes are botanically classified as a fruit.
 - Like other fruits, tomatoes are the seed-containing mature ovary of a flowering plant.
- However, from a culinary AND legal perspective, tomatoes are often considered vegetables.
 - In the late 1800s, in the case of Nix v. Hedden, the Supreme Court ruled that tomatoes should be classified as vegetables for tariff purposes.