



## ERASMUS+ ELH PROJECT

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## WHY ARE TOMATOES HEALTHY?

1. They keep our skin healthy
2. Tomatoes preserve heart health
3. They improve bone health
4. Tomatoes are good for your eyes
5. They offer an excellent weight loss support
6. They improve immune function.





Don't you know in which ways you can eat tomatoes? Here is a recipe which you can test



## INGREDIENTS

- 1 1/2 lb. assorted heirloom **tomatoes**
- 8 oz. fresh goat **cheese**
- 1 c. fresh tart **cherries**, pitted and cut into halves
- 1 c. packed fresh basil **leaves**, torn
- 6 tbsp. **extra virgin olive oil**
- 2 tbsp. Champagne **vinegar**
- flaky sea salt**



## DIRECTIONS

Core and slice any large tomatoes, reserving juices. Cut cherry or grape tomatoes into halves, reserving juices. Arrange tomatoes on large serving platter.

Crumble goat cheese all over tomatoes, then top with cherries and basil. Whisk together olive oil, vinegar and any reserved juices; drizzle over salad. Sprinkle with 3/4 teaspoon salt.

**NOW TASTE  
IT AND  
ENJOY!**