



## MONDAY



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### *Bacon and Tomato Salad*

**Servings: 10 | Preparation Time: 25 | Cook Time: 0**

1	pound	bacon, cooked and crumbled, reserve grease
2	tablespoons	bacon grease
1	cup	mayonnaise
1	tablespoon	white vinegar
1	head	romaine lettuce, torn
1/4	cup	finely chopped green onions
1/2	cup	grated Parmesan cheese
2	(14.5 ounce) cans	Petite Diced Tomatoes with Garlic & Olive Oil Black pepper to taste

- In a small bowl combine the bacon grease, mayonnaise and vinegar to make the dressing for the salad. In a large salad bowl mix together lettuce, green onion, cheese, **Red Gold® PETITE DICED TOMATOES with GARLIC & OLIVE OIL** and bacon; stir to combine.
- Pour dressing over salad and toss to coat ingredients. Sprinkle with black pepper. Serve immediately.

#### **NUTRITIONAL FACTS PER SERVING**

Calories 180, Fat 14.00g, Cholesterol 20.00mg, Sodium 620.00mg, Carbohydrate 8.00g, Fiber 1.00g, Protein 7.00g, Vitamin A 15%, Vitamin C 15%, Calcium 8%, Iron 4%

## TUESDAY



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### *Fiesta Chicken*

**Servings: 4 | Preparation Time: 10 | Cook Time: 20**

1	tablespoon	vegetable oil
3/4	pound	boneless skinless chicken breasts, cut into thin strips
1	(16 ounce) package	frozen vegetables and pasta garlic seasoned
1	(14.5 ounce) can	Petite Diced Tomatoes Mexican Fiesta
1	tablespoon	chopped fresh cilantro

- Heat oil in large skillet over medium-high heat. Add chicken; cook until no longer pink. Add frozen vegetables and pasta and **Red Gold® PETITE DICED TOMATOES MEXICAN FIESTA**, stir to combine.
- Cover; reduce heat to medium. Simmer 7-9 minutes or until vegetables are crisp tender, stirring occasionally. Stir in cilantro.

#### **NUTRITIONAL FACTS PER SERVING**

Calories 200, Fat 8.00g, Cholesterol 40.00mg, Sodium 530.00mg, Carbohydrate 16.00g, Fiber 2.00g, Protein 16.00g, Vitamin A 20%, Vitamin C 20%, Calcium 6%, Iron 10%

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## WEDNESDAY

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### *Home Style Beef Stew*

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**Servings: 6 | Preparation Time: 15 | Cook Time: 60**

1/2	pound	cubed beef stew meat
		Salt and black pepper to taste
2	tablespoons	flour
1	tablespoon	vegetable oil
4	cups	Fresh Squeezed Tomato Juice
1	(14.5 ounce) can	beef broth
1	(14.5 ounce) can	Petite Diced Tomatoes with Garlic & Olive Oil
1	(10 ounce) package	frozen mixed vegetables
1	cup	peeled and cubed potatoes
1	cup	chopped cabbage

- Combine salt, black pepper and flour in a plastic bag. Add beef, seal and shake to coat meat.
- In a large kettle heat oil over medium heat. Add beef and brown on all sides. Pour in **RED GOLD® FRESH SQUEEZED TOMATO JUICE** and beef broth; stir to combine. Stir in **RED GOLD PETITE DICED TOMATOES with GARLIC & OLIVE OIL**, mixed vegetables, potatoes and cabbage.
- Bring to a boil, then reduce heat, cover and simmer for 1 hour or until potatoes are soft and meat is fully cooked.
- **“Time Saving” Note:** This recipe can also be prepared in a crock pot. After you have added all the items to the skillet, transfer to your crock pot and turn on **HIGH**. When mixture begins to boil, reduce heat to **LOW** and cook for 6 to 8 hours.

#### **NUTRITIONAL FACTS PER SERVING**

Calories 240, Fat 7.00g, Cholesterol 40.00mg, Sodium 1430.00mg, Carbohydrate 27.00g, Fiber 5.00g, Protein 16.00 g, Vitamin A 40%, Vitamin C 130%, Calcium 6%, Iron 20%

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## THURSDAY

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### *Au-Gratin Summer Squash*

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**Servings: 8 | Preparation Time: 15 | Cook Time: 30**

2	pounds	yellow summer squash, cut into thick slices
4	tablespoons	butter
1 1/2	cups	shredded low fat cheddar cheese
1	cup	fat free sour cream
1	(14.5 ounce) can	Petite Diced Tomatoes with Sweet Onions
1/3	cup	grated Parmesan cheese

- Preheat oven to 350<sup>0</sup> F. Place squash in saucepan along with 2 cups of water. Cook only until slightly soft, do not overcook; drain well. Mix in remaining ingredients except Parmesan cheese.
- Place in an 11 x 7 inch baking dish and sprinkle Parmesan cheese on top. Bake for 25 to 30 minutes or until golden brown and bubbly.

## NUTRITIONAL FACTS PER SERVING

Calories 170, Fat 7.00g, Cholesterol 30.00mg, Sodium 490.00mg, Carbohydrate 13.00g, Fiber 3.00g, Protein 11.00g, Vitamin A 30%, Vitamin C 35%, Calcium 35%, Iron 4%

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## FRIDAY



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### *Healthy Noodle Dinner*

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**Servings: 6 | Preparation Time: 5 | Cook Time: 15**

1	pound	ground turkey
1	medium	onion, chopped
1	cup	water
1	(14.5 ounce) can	Petite Diced Tomatoes with Onion, Celery & Green Pepper
1	(10 ounce) package	frozen peas, thawed and drained
1	(3 ounce) package	ramen noodle soup mix, chicken flavor

- In a large skillet cook turkey and onion over medium heat. Cook for 8 minutes or until turkey is no longer pink; drain well. Stir in water **[BRAND] PETITE DICED TOMATOES with ONION, CELERY & GREEN PEPPER**, peas and seasoning packet from ramen noodles.
- Break up noodles; stir into turkey mixture. Continue stirring and heat to boiling. Reduce heat, cover, and simmer for 6 minutes, stirring occasionally to separate noodles. Cook until noodles are tender.

## NUTRITIONAL FACTS PER SERVING

Calories 230, Fat 8.00g, Cholesterol 100.00mg, Sodium 330.00mg, Carbohydrate 15.00g, Fiber 4.00g, Protein 22.00g, Vitamin A 15%, Vitamin C 20%, Calcium 10%, Iron 10%

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## SATURDAY



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### *Hot Pizza Snacks*

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**Servings: 20 | Preparation Time: 10 | Cook Time: 15**

1	(14.5 ounce) can	Petite Diced Tomatoes with Chipotle
1	(8 ounce) can	Tomato Sauce
20	slices	party rye, or white bread, toasted
2	(3 ounce) packages	sliced pepperoni
2	(6 ounce) packages	sliced mozzarella cheese, cut into squares

- Preheat oven to 350<sup>o</sup> F. In a small bowl combine **Red Gold® PETITE DICED TOMATOES with CHIPOTLE** and **Red Gold® TOMATO SAUCE**, stir well.
- Spread mixture on one side of each slice of rye bread. Top each with 2 slices of pepperoni and 1 square of cheese. Bake pizzas for 10 to 15 minutes or until cheese is melted.

## NUTRITIONAL FACTS PER SERVING

Calories 80, Fat 3.00g, Cholesterol 5.00mg, Sodium 340.00mg, Carbohydrate 11.00g, Fiber 1.00g, Protein 3.00g, Vitamin A 6%, Vitamin C 4%, Calcium 4%, Iron 4%

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## SUNDAY

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### *Strawberry Salsa*

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**Servings: 16 | Preparation Time: 10 | Cook Time: 0**

1	pint	fresh strawberries, diced
1	(14.5 ounce) can	Petite Diced Tomatoes
1	small	red onion, diced
2		jalapeno peppers, minced
2	tablespoons	lime juice
2		garlic cloves, minced
1	tablespoon	vegetable oil

- In a large bowl combine strawberries, **Red Gold® PETITE DICED TOMATOES**, onion and peppers. Stir in lime juice, garlic and oil.
- Cover and refrigerate for 2 hours. Serve as a dip for tortillas chips.

#### **NUTRITIONAL FACTS PER SERVING**

Calories 25, Fat 1.00g, Cholesterol 0.00mg, Sodium 15.00mg, Carbohydrate 3.00g, Fiber 1.00g, Protein 0.00g, Vitamin A 2%, Vitamin C 25%, Calcium 0%, Iron 2%