



## Summer Harvest - Tomatoes

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Hi!

Thank you for checking out my Tomato Harvest Recipe Collection. Hope it inspires you to get in the kitchen and whip up a yummy meal.

My name is Jori and I am a Nutritionist that specializes in helping people change the way they look at food and teach them how to make real food work for real life and have fun along the way.

I'm here to create a nutrition and lifestyle plan that helps you achieve your health health goals

## Nutrition Savvy Services

### Free Consult

I'm ready to help you make the most of your nutrition journey. [Schedule](#) a FREE 20-minute consult. Great way to see if I'm the right fit for you before you commit.

Nutrition Savvy is all about building balanced and sustainable nutrition habits. All of my nutrition programs are customized to help you succeed!

Below are links with with more information on how to work with me.

### [Customized Meal Planning](#)

### [1:1 Virtual Nutrition Therapy](#)

Thank you!

Jori



## BLT Caprese Bowl

2 servings

30 minutes

### Ingredients

2/3 cup Quinoa (dry, uncooked)  
1 1/3 cups Water  
1/2 tsp Sea Salt  
2 tbsps Balsamic Vinegar (divided)  
6 slices Organic Bacon  
2 cups Mixed Greens  
2 cups Cherry Tomatoes (halved)  
1/2 cup Ricotta Cheese

### Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in salt and half the balsamic vinegar. Set aside.
- 2 Meanwhile, cook the bacon in a large pan over medium-low heat until done. Transfer to a towel-lined plate and chop into pieces once cool enough to handle.
- 3 Divide the balsamic quinoa, bacon, greens, tomatoes and ricotta into bowls. Drizzle with remaining balsamic vinegar as desired. Enjoy immediately or refrigerate until ready to eat.

### Notes

**No Ricotta Cheese:** Use greek yogurt, cottage cheese, burrata or feta cheese instead.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Grilled Bruschetta Chicken

4 servings

30 minutes

### Ingredients

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar

### Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

### Notes

**Serve it With:** Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

**Cheese Lover:** Sprinkle with feta, goat cheese or shredded mozzarella before serving.

**No Grill:** Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.



## Fresh Tomato Salad

4 servings

20 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil  
1 tbsps Red Wine Vinegar  
1 1/2 tbsps Dijon Mustard  
1 Garlic (clove, minced)  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
4 cups Baby Spinach  
2 1/2 cups Cherry Tomatoes (halved)  
2 cups Lentils (cooked, drained and rinsed)  
1/2 Cucumber (diced)  
1 Avocado (peeled and diced)  
2 stalks Celery (diced)  
1/2 cup Goat Cheese (crumbled)

### Directions

- 1 Create dressing by combining olive oil, vinegar, mustard, garlic, sea salt and pepper. Mix well and set aside.
- 2 Place baby spinach in a bowl. Top with cherry tomatoes, lentils, cucumber, avocado and celery. Sprinkle with crumbled goat cheese. Drizzle with desired amount of dressing and toss well. Divide into bowls and serve. Enjoy!

### Notes

**No Goat Cheese:** Use feta cheese instead.

**Vegan:** Use pine nuts instead of cheese.

**No Spinach:** Use kale, swiss chard or any leafy green.



## Cherry Tomatoes

1 serving

2 minutes

### Ingredients

1 cup Cherry Tomatoes

### Directions

- 1 Wash and add to a bowl. Enjoy!

### Notes

**Serve Them With:** Our Vegan Ranch Dressing or Turmeric Hummus.

**Grill Them:** Slide onto skewers and grill for one to two minutes per side.



## Zucchini Noodles with Pesto & Tomatoes

1 serving

5 minutes

### Ingredients

- 1 Zucchini (medium)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Pesto

### Directions

- 1 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 2 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Additional Toppings:** Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.



## Pico De Gallo

4 servings

15 minutes

### Ingredients

5 Tomato (small, diced)  
1/4 cup Cilantro (chopped)  
1/3 cup Red Onion (diced)  
1 Lime (juiced)  
Sea Salt & Black Pepper

### Directions

1

Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serve it With:** Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

**Serving Size:** One serving is roughly 1/3 cup.

**More Flavor:** Add diced jalapeno or chilli flakes.



## Mint & Goat Cheese Stuffed Tomatoes

2 servings

15 minutes

### Ingredients

- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Mint Leaves (chopped, divided)
- 1 1/2 cups Cherry Tomatoes (halved, seeds removed)

### Directions

- 1 In a bowl, mix together the goat cheese and half the mint until well combined.
- 2 Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
- 3 Garnish with the remaining mint and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

**More Flavor:** Drizzle extra virgin olive oil overtop.

**No Mint:** Use parsley or basil instead.

**Make it Vegan:** Use cashew cream cheese instead.



## Roasted Chicken with Olives & Tomatoes

3 servings

45 minutes

### Ingredients

- 1 lb Chicken Leg, Boneless with Skin
- 1 cup Black Olives
- 2 cups Cherry Tomatoes
- 1/4 cup Avocado Oil
- 3/4 tsp Sea Salt
- 3 tbsps Oregano

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the chicken, olives and tomatoes to a baking dish. Coat in avocado oil and season with salt and oregano.
- 3 Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.
- 4 Divide onto plates or into containers if on-the-go. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Use additional herbs such as basil, garlic or parsley.



## Instant Pot Creamy Tomato Soup

10 servings

45 minutes

### Ingredients

2 lbs Tomatoes, Raw (You do not need to peel. Just rinse off, remove stems, and rough cut.)  
1 Sweet Potato (Large, peeled and coarsely chopped)  
1 Yellow Onion (Large, coarsely chopped)  
1/2 cup Carrot (Chopped)  
1 tablespoon Garlic (Minced or pressed)  
4 cups Organic Chicken Broth  
2 tsps Sea Salt  
2 tsps Ground Black Pepper  
1 tsp Dried Basil  
1/4 cup Organic Coconut Milk

### Directions

- 1 Combine all of the ingredients, minus the coconut milk in the Instant Pot.
- 2 Secure the lid and seal the pressure valve. Press the Soup button, which should default to display a 30-minute reading.
- 3 Allow it to cycle and then quick-release the pressure valve. Once you are able, remove the lid and puree the soup.
- 4 I like to use an immersion blender or stick blender. You can use a counter top blender. If you use a counter top blender, make sure to allow the soup to cool before you do.
- 5 Once the soup is pureed add in the coconut milk.
- 6 If you would like your soup to be a little thicker. Make a slurry with a 1/4 to 1/2 cup of the soup and arrowroot. Just mix till smooth and then add the slurry to the soup.

### Notes

**Storage:** Store in refrigerator for up to 5 days. This soup freezes really well. If you have a lot of tomatoes from your summer harvest make a double batch. I freeze it in the pint sized mason jars for up to 3 months.

**Tomatoes:** Roma tomatoes are my favorite to use. But any larger fresh tomato will work. Beefsteak, heirloom, or vine tomatoes.

**Make it meal:** Add cooked grass feed beef and a mix of cooked cauliflower rice/cooked rice.