

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Superfood Series: Tomatoes

From Chef Hans: Technically a fruit but used primarily as a vegetable, tomatoes are incredibly versatile and can be the star of many sweet or savory dishes. Enjoy them raw or cooked for added benefit. The lycopene found in tomatoes is a powerful antioxidant with many health benefits, including sun protection, improved heart health and a lower risk of certain types of cancer. With so much to love about them, it's no wonder why the tomato is one of my favorite superfoods!

Here's a delicious tomato and burrata salad that will celebrate the varied flavors and colors of this superfood:

Serves – anyone with snacking hands

INGREDIENTS:

- 1-2 cups tomatoes, varying colors and sizes (remember, you don't have to be boring!)
- 1 cup fresh burrata (or any amount you can tolerate)
- 3 sprigs of fresh basil
- Salt, to taste
- *Optional: add a bit of pepper or spices like fennel, coriander, or lavender!*
- ~ 2 Tbsp Olive oil
- ~ ½ Tbsp Roasted pumpkin seed oil
- ~ 1 Tbsp Balsamic glaze

DIRECTIONS:

- Slice and dice tomatoes - *If you aren't getting juice and seeds everywhere, you're probably doing it wrong.*
- Arrange tomatoes in a circle on a dinner plate.
- Add burrata to the middle of the plate and lightly cut open the mozzarella casing with a fork or knife to reveal the ricotta inside.
- Tear off basil leaves from their stems and roughly chop, add on top.
- Sprinkle salt and ground herbs, to taste.
- Drizzle oils and balsamic glaze on top, to taste.
- Enjoy and share!