

**INSIDER | AUG 2026**
BY EUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

Tomatoes are a nutrition powerhouse packed with vitamin C, potassium, fiber, and lycopene, a powerful antioxidant linked to heart health benefits and reduced inflammation. Their bright red color signals beneficial plant compounds that help protect cells from damage and support overall wellness. Whether enjoyed fresh, roasted, or in sauces, tomatoes are a delicious way to add flavor, nutrients, and vibrant color to your meals.

IN SEASON & ON THE MENU

Summer brings an abundance of fresh produce, from watermelon, berries, and peaches to zucchini, corn, tomatoes, and herbs. Our chefs use these peak-season ingredients to create flavorful recipes that highlight the best of summer. Whenever possible, we source local produce and feature it on our menus. Keep an eye out for our local marketing to discover dishes made with locally sourced ingredients, and support regional farmers with every bite.

CHEF TIPS: TOMATOES

Check your local farmer's market to try new varieties of tomatoes.

Ripen and store tomatoes on the counter, not the fridge.

Slow roast tomatoes to concentrate their sweetness. Use them in soups and sauces.

Cut then salt raw tomatoes to draw out extra water which also concentrates the tomato flavor.

**FIND YOUR
NEXT
FAVORITE
RECIPE!**

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