



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

March 14th, 2015 Cooking Class

Featuring

Buffalo Bill's Executive Chef

Andy Altomare

Smoked Tomato Sauce

Serving size about 2 Tablespoon

Ingredients:

- 2 plum tomatoes, halved
- 1 cup sour cream
- ½ cucumber, peeled and seeded
- 1 Tablespoon sliced scallion
- Salt and pepper

Nutrition Facts	
Serving Size: 1 serving (29.8g)	
Servings: 16	
Amount Per Serving	
Calories 30	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	6%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	1%
Sugars less than 1g	
Protein less than 1g	
Vitamin A 4%	• Vitamin C 2%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Directions:

- Smoke tomato halves, cool and remove skin and seeds.
- Puree tomatoes, sour cream, and cucumber in a food processor until smooth.
- Stir in scallions and serve.

