

Summer Tomato Jam

Ingredients

- 1½ pounds Roma tomatoes
- 1 cup sugar
- 2 Tbsp lime juice
- 1 Tbsp ginger, minced
- ½ tsp salt
- 1 tsp ground cumin
- ¼ tsp ground cinnamon
- 1/8 tsp ground cloves
- 1 jalapeno pepper

Directions

1. Core and coarsely chop tomatoes. Stem the jalapeño pepper, remove seeds, and mince.
2. Combine all ingredients into a medium sauce pan. Bring to a boil over medium heat, stirring frequently.
3. Reduce to simmer, stir occasionally, for 60-75 minutes, until thick like jam.
4. Remove from heat to cool. Place in a container with lid and store in refrigerator. Use within a week.

Handling & Storage

Look for tomatoes that are bright in color with smooth skin. Ripe tomatoes should give under a little pressure, but do not pick ones that are too soft or have obvious bruising.

Store at room temperature, away from sunlight. Use within a

few days of picking.

To prepare, remove green stems before use. Rinse under cold water.

Nutritional Information

Calories: 45

Total Fat: 0.1 g

Saturated Fat: 0.0 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 60 mg

Total Carbohydrates: 11.6 g

Dietary Fiber: 0.5 g

Sugars: 10.9 g

Protein: 0.4 g

Serves: 1 tsp; pairs well with meats, cheeses, and fish. Use in place of ketchup.