



YOUR GUIDE TO  
**EVERYTHING**  
*Campari*<sup>®</sup>



**THE TOMATO LOVER'S TOMATO™**



What's great about delicious Campari<sup>®</sup> Tomatoes?

# EVERYTHING.

SUNSET<sup>®</sup> Campari<sup>®</sup> brand cocktail tomatoes aren't called "the tomato lover's tomato"™ for nothing. Campari<sup>®</sup> tomatoes strike that perfect balance of sweetness and acidity, resulting in a delectable taste experience. And while they may not be the biggest tomatoes on the shelf (if you're looking for BIG, check out our [beefsteaks](#)) when it comes to vibrant color, versatility, and **FLAVOR**, Campari<sup>®</sup> Tomatoes are unbeatable.

So dive into this guide to learn EVERYTHING about SUNSET<sup>®</sup> Campari<sup>®</sup> Tomatoes—from recipes to nutritional benefits—and how to incorporate them into your EVERYDAY life!



# Appetizers

While these next few recipes are superb as apps, we prefer to refer to them as “snacks”, so they can be enjoyed ANYTIME!

## Spinach, Artichoke, and Parm Stuffed Roasted Campari® Tomatoes



### INGREDIENTS:

- 10 - 12 SUNSET® Campari® tomatoes
- ¼ Cup (2 oz wt) Spinach, artichoke, and parmesan dip\*
- 1 Tbsp Italian-style dry bread crumbs

### DIRECTIONS:

Preheat oven to 475°F.

Cut 1/4" off the top of each tomato. Lightly squeeze the tomatoes to remove some of the seeds. With a sharp knife, shave a tiny bit off the bottom of the tomatoes so that they stand up. (Eat the removed tops and bottoms of the tomatoes!)

Top each tomato with 1 teaspoon of dip then sprinkle with 1/4 teaspoon of bread crumbs.

Place tomatoes, spaced apart, on a baking sheet that has been lightly sprayed with cooking spray.

Bake for 3 - 5 minutes or until bread crumbs are lightly golden and tomatoes are warmed through.



**\*Choose a dip that is chunky, cheesy and typically served warm. We suggest this one!**



# Appetizers

“Hors d’oeuvre” literally means “apart from the work” which is an ideal definition for this recipe which hardly seems like work at all. EASY!

## Caesar Bruschetta Campari® Tomatoes with Grilled Bread



### INGREDIENTS:

1 lb SUNSET® Campari® tomatoes  
1 small loaf rustic artisanal bread or baguette  
Olive oil for brushing  
Kosher salt for sprinkling  
¼ cup chopped fresh basil  
2 Tbsp finely diced red onion  
2 - 3 tsp minced fresh garlic  
3 Tbsp high-quality Caesar dressing  
Garnish: freshly grated Parmesan cheese and small fresh basil leaves

### DIRECTIONS:

Preheat the grill to a medium-high heat.

Dice the tomatoes into 1/4 - 1/2” pieces and set in a strainer to drain off excess juice while you continue with recipe.

Cut the bread with a serrated knife. If using a “fat” bread loaf, cut six 1/2” slices, then cut each piece in half crosswise, making 12 pieces. If using a baguette, cut twelve 1/2” diagonal slices from the loaf. (Use any remaining bread for another purpose.)

Lightly brush both sides of bread with oil and grill on each side until lightly marked or toasted. Sprinkle bread lightly with salt. Place on a platter.

In a medium bowl, toss together the drained tomatoes, basil, onion, garlic, and Caesar dressing. Divide the tomato mixture between the grilled bread slices. Sprinkle with Parmesan and garnish with basil leaves if desired.

**Want to carve some carbs out of your diet? Serve this recipe on Romaine lettuce leaves instead!**



# Appetizers

We call this app the “constant condiment” since it can be used to complement many dishes at any meal!

## Signature Campari® Tomato Salsa



### INGREDIENTS:

8 SUNSET® Campari® tomatoes  
2 SUNSET® Romana Tomatoes, chopped  
1 SUNSET® Beefsteak Tomato, chopped  
½ yellow bell pepper, small-diced  
½ orange bell pepper, small-diced  
2 Tbsp small-diced white onion  
1 ½ Tbsp red wine vinegar  
1 Tbsp lime juice  
2 Tbsp olive oil  
¼ cup chopped fresh cilantro  
½ tsp ground coriander  
½ tsp ground cumin  
2 Tbsp minced pickled jalapeños, drained  
1 ½ tsp hot sauce  
2 - 3 tsp sugar  
2 - 3 tsp kosher salt



**To maintain that amazing flavor, store your Campari® Tomatoes at room temperature with their stems intact. JUST SAY NO to the refrigerator!**

### DIRECTIONS:

Mix all ingredients together in a bowl.

Then place half of the mixture into a food processor and pulse it until nicely chopped, but some texture still remains.

Repeat with remaining mixture and combine.

Taste and adjust seasoning (salt and sugar) and spiciness if desired. Store refrigerated for up to 2 days.

In a medium bowl, toss together the drained tomatoes, basil, onion, garlic, and Caesar dressing. Divide the tomato mixture between the grilled bread slices. Sprinkle with Parmesan and garnish with basil leaves if desired.

# Lunch

Campari® Tomatoes can star in many dishes that fit your on-the-go lifestyle. Who couldn't benefit from a midday jolt of FRESH?!

## Sunny Day Grilled Corn and Campari® Tomato Salad



### INGREDIENTS:

- 1 lb SUNSET® Campari® Tomatoes, cut into wedges
- 2 ears fresh corn, husked
- 3 Tbsp fresh lime juice
- 2 Tbsp olive oil
- 2 green onions, thinly sliced
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp black pepper or dash of hot sauce

**CHEF'S TIP:**  
Also excellent  
sprinkled with  
queso fresco cheese  
(which we say about  
most all savory  
dishes).



### DIRECTIONS:

Lightly char corn on a hot grill for about 3 - 4 minutes per side. Cool, then cut off the kernels.

In a large bowl, whisk together lime juice, oil, onions, garlic, salt and pepper.

Add tomatoes and grilled corn and mix gently.

## Perfect-Fit Packaging!

SUNSET® clamshells are made with post-consumer recycled bottles/post-industrial recycled plastics or with plastics that have been developed from renewable resources.

FOR FAMILIES OF ANY SIZE



1 lb. Pack



2 lb. Pack

# Lunch

This salad isn't just overflowing with FRESH ingredients, but also adjectives as well. Like: colorful, refreshing, quick, easy & fiberful. (We made that one up).

## Healthy White Bean and Campari® Tomatoes Salad



### INGREDIENTS:

- 1 lb SUNSET® Campari® tomatoes
- 1 (15-oz) can white beans, drained and rinsed
- ½ orange SUNSET® Sweet Twister™ pepper, diced
- ½ SUNSET® ONE SWEET™ cucumber, diced
- 1/3 cup light Italian dressing
- 1 tsp dry basil
- ½ tsp dry oregano
- ½ tsp black pepper

### DIRECTIONS:

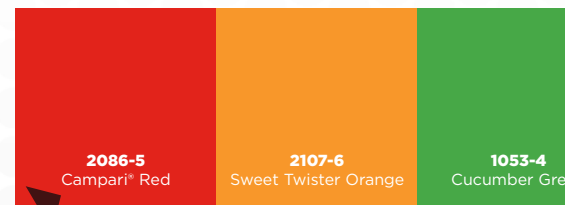
- Mix ingredients gently.
- Refrigerate until ready to serve.

Adding ½ cup  
grated Parmesan  
or crumbled feta  
gives this dish an  
extra kick!



## Speaking of healthy...

According to the smart folks at the Linus Pauling Institute, tomato-based foods offer the highest concentrations of lycopene, an antioxidant that counteracts cellular damage that can lead to heart disease and cancer. You can also thank lycopene for adding that **vibrant red color** to your Campari® Tomatoes.



# Lunch

Even the name of this recipe reminds us of a seaside getaway. So, take it for lunch and transform your corner cube into Cape Cod!

## Campari® Chilled Gazpacho Soup with Crab



### INGREDIENTS:

- 1 lb SUNSET® Campari® Tomatoes, diced (about 2 cups)
- 1 ½ tsp minced fresh garlic
- ¼ cup diced white onion
- 1 cup peeled, seeded, and diced SUNSET® ONE SWEET™ cucumber
- ½ cup diced SUNSET® Sweet Twister™ pepper
- ¼ cup coarsely chopped fresh cilantro
- ¼ cup coarsely chopped Italian parsley
- 1 ½ cup diced rustic bread (crusts removed)
- 1/3 cup thinly sliced celery
- ½ cup extra-virgin olive oil
- 2 Tbsp sherry vinegar
- 1 ½ tsp sugar
- 1 tsp salt
- ¼ tsp black pepper
- ¼ tsp dried red pepper flakes
- 1 cup water

### Garnishes

- ¾ cup fresh crab meat
- Cilantro leaves



**Mix it up!  
Substitute  
shrimp for the  
crab, or go the  
vegetarian route!**

### DIRECTIONS:

In a large bowl, combine all ingredients.

In 2 or 3 batches, process the ingredients in a food processor or large blender until almost puréed. Gazpacho should still have some texture.

Mix all processed batches together and chill in a non-reactive (plastic, glass or stainless steel) container for at least 4 hours or overnight.



# Dinner

The best end to a day is enjoying a delicious meal with family and friends. Add Campari® Tomatoes into the mix and you may have just discovered Utopia.

## Grilled Chicken Salad with Campari® Tomatoes and Parmesan Vinaigrette



### INGREDIENTS:

- 8 - 10 SUNSET® Campari® Tomatoes, cut in wedges
- 4 boneless, skinless chicken breasts
- Salt and pepper or Montreal Chicken seasoning, as desired
- 2 Tbsp grated high-quality parmesan cheese
- ¾ cup of your favorite Italian salad dressing
- 8 cups salad greens (we like to include fresh arugula for an extra kick)

### DIRECTIONS:

Preheat grill.

Season chicken breasts liberally. Cook on preheated oiled grill till just done. Remove chicken to a platter, and keep warm.

Whisk the parmesan into the dressing. In a large bowl, toss the greens with ¾ of the dressing; reserve remaining dressing.

Divide greens among 4 dinner plates. Slice chicken and place over greens. Scatter tomato wedges over salad and drizzle with remaining dressing.



*All of our gourmet vegetables...*

are greenhouse grown in an herbicide-free environment.

# Dinner

Grandpa Mastronardi said that a meal is only as good as what you put in it. This simple pasta dish features vine-ripened Campari® Tomatoes ... so this meal is guaranteed greatness!

## Campari® Tomatoes Quick Fresh Sauce and Fusilli Pasta



### INGREDIENTS:

2 lbs SUNSET® Campari® tomatoes  
½ cup chopped fresh basil  
¼ cup extra-virgin olive oil  
2 - 3 cloves garlic, minced  
1 tsp salt  
¼ - ½ tsp crushed red chile flakes  
½ tsp black pepper  
1 lb dry, fusilli pasta  
1 cup grated Parmesan cheese

### DIRECTIONS:

Cut tomatoes in half and lightly squeeze the juice into a bowl.

Chop tomatoes and add to bowl along with basil, oil, garlic, salt, chile flakes and black pepper.

Mix, cover, and let sit at room temperature for 15 minutes for flavors to marry.

Meanwhile, cook pasta according to package directions. Drain well.

Toss the hot pasta with the tomato sauce and Parmesan cheese. Adjust seasoning to taste. Serve immediately.



## Chef's Tip:

To quickly peel a Campari® tomato, thinly slice an "x" on the bottom, then place in a boiling pot of water for 30 seconds. Remove, then once cool, it will be very easy to peel the skin right off.

# Dinner

Imagine this: It's the middle of winter. Cold days that only SEEM longer because your work days are busier than ever. But then, you are welcomed home by a mouthwatering aroma wafting from the kitchen. Dinner is ready!

## Slow Cooker African Peanut Chicken with Campari® Tomatoes



### INGREDIENTS:

- 1 lb SUNSET® Campari® tomatoes, halved
- ½ cup chopped onion
- 1/3 cup chunky peanut butter
- 1 - 1 ½ tsp hot sauce (to taste - some like it hot!),  
or substitute a pinch of cayenne pepper
- 4 large boneless skinless chicken breast halves
- ¾ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground coriander



### DIRECTIONS:

Place tomatoes in bottom of slow cooker. Distribute onion over tomatoes, dollop with peanut butter, and drizzle with hot sauce.

Arrange chicken on top of onions, sprinkle evenly with salt and spices, and then turn chicken pieces over.

Set slow cooker on high and cook chicken for 8 hours, or on low for 12 hours.

When chicken is done, transfer the pieces to a deep platter or bowl. Stir sauce to mix ingredients, and spoon over chicken.



*Do yourself a flavor favor...*

Get one of these!

# Dessert

What's sweeter than knowing that these delicious recipes featuring Campari® Tomatoes are as jam-packed with nutritional benefits as with FLAVOR? The Potassium and Vitamins A, C & K (and don't forget the lycopene!) that Campari® Tomatoes deliver are **icing on the cake!**



## NUTRITION FACTS:

Serving size 100g

Calories 25

Calories from Fat 0

% Daily Value

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium

0%

Total Carbohydrate 5g

2%

Dietary Fiber <1g

4%

Sugars 3g

Protein <1g

Vitamin A 6%

Vitamin C 15%

Calcium 0%

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

# Campari®

## CARE & CHARACTERISTICS:

1. Naturally defended from pests by bumble bees and lady bugs
2. Vine-ripened and Hand-picked
3. Should NEVER be refrigerated!
4. Store at room temperature and avoid direct sunlight
5. Ready-to Eat SUNSET® Campari tomatoes are firm to the touch, bright, shiny red and unblemished.

Thanks for downloading the  
**EVERYTHING Campari® GUIDE**

Want to learn more about our other gourmet, greenhouse-grown vegetables?

Visit us at the all-new [sunsetgrown.com](http://sunsetgrown.com)!



Stay Connected With Us!