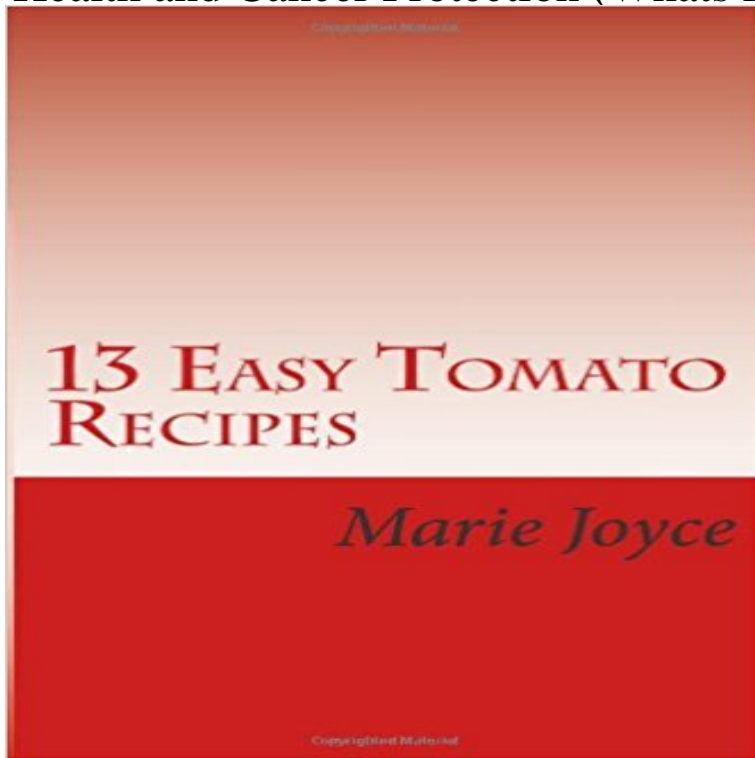


13 Easy Tomato Recipes: Natures Lycopene Rich Superfood for Heart Health and Cancer Protection (Whats for Dinner Series)



13 Easy Tomato Recipes Natures Lycopene Rich Superfood for Heart Health and Cancer Protection Lycopene is a phytochemical (plant chemical) that is also known as a carotenoid which is responsible for the tomatos red color. Carotenoids are also very powerful antioxidants and are responsible for getting rid of dangerous free radicals in the body. Lycopene is linked to reduced risk of heart attacks and reduced risk of stomach, colon, prostate, and rectal cancers. It is most easily absorbed when tomatoes have been heat treated in some way. Most recipes in this booklet cook the tomatoes. Tomatoes are a useful source of vitamins C and E.

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