

Mayo Clinic Minute

The heirloom advantage

VIDEO	AUDIO
	"I always call it a beauty mark."
	Executive Chef Jen Welper's advice about heirlooms: Buy for your palate – not your eyes.
	"Something like this that does not look so perfect is actually probably the best."
	"Heirloom tomatoes have really good body and good flavor to them."
	After just a few meaty slices, you can see what Welper is talking about.
	"These look so good."
Graphic: Antioxidants Lycopene Potassium Vitamin C Fiber	And they're good for you. Tomatoes are rich in antioxidants, including lycopene. They contain potassium, vitamin C and are a source of fiber.
Title: Jen Welper Executive Chef Mayo Clinic Healthy Living Program	"They make any salad. It can be like the highlight. And it can kind of be the star of the show."
	Welper adds juicy cubes of red and yellow tomatoes to a bed of peppery arugula lettuce ...
	"Put lots of those in there."
	... and tops them with feta cheese, fresh basil and balsamic vinegar ...
	"Oh, so good."
	... to create an heirloom tomato salad that's a feast for the eyes and the palate.
	For the Mayo Clinic News Network, I'm Jeff Olsen.

