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On Valentine's Day, a tomato-red menu is served by "Red Gold from Europe", specially created for seduction.

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This dinner for Swedish lovers is an aphrodisiac menu based on canned tomatoes and almond chocolate cake.

NAPLES, Italy, Feb. 12, 2025 /PRNewswire/ -- One of the most beautiful and red and spicy. **Canned tomatoes are perfect for a lovers' dinner**, and with **based on organic canned tomatoes by "Red Gold from Europe"**, the initiative is funded by the European Union, which promotes and enhances the export of tomatoes. **here are three tasty recipes: an appetiser of soft cheese in tomato sauce and made with canned whole peeled tomatoes and almonds.**



A tip for 'spicing up' the dinner is to add a drizzle of chilli oil to the canned tomatoes: this boosts their flavour and adds that aphrodisiac touch, perfect for Valentine's Day. **Thanks to their excellent quality, canned tomatoes are widely used in cuisines around the world.** From a nutritional point of view, their properties change according to the level of water content and the techniques used to process the raw tomatoes. Juices, peeled tomatoes and sauces, for example, contain more water, are almost fat-free, and have about 3g of sugars

per 100g, mainly glucose and fructose. Canned tomatoes contain high levels of vitamins and mineral salts, especially vitamin C, carotenoids, potassium, phosphorus, zinc and selenium, while they also contain lycopene, an important and powerful antioxidant with protective properties against cancer. Now, without further ado, head to the kitchen to prepare a "red", "spicy" and "healthy" Valentine's Day dinner.

Appetizer

Soft cheese in tomato sauce - Red Gold from Europe

Main

Baked salt cod with potatoes and olives in tomato sauce - Red Gold from Europe

Dessert

Tomato and almond chocolate cake - Red Gold from Europe

For more recipes: <https://redgoldfromeurope.se/>

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