

Bruschetta with Tomatoes and Basil

6 fresh, ripe, roma tomatoes, diced
1 Tbsp. minced garlic
¼ c. onion, finely chopped
½ c. fresh basil, chopped or
 (1 Tbsp. dried works fine)
½ tsp. cider vinegar

1 tsp. sugar
1 ½ tsp. dried Italian seasoning
2 or 3 Tbsp. extra-virgin olive oil
Salt & Pepper, to taste
1 loaf French or Italian bread, sliced ¾ “ thick or
 serve on whole grain crackers such as
 Triscuits or Melba crackers

Toss together first 7 ingredients. Add salt and pepper. Let marinate for at least 1 hour. Preheat broiler. When ready to serve, toast bread (brush each slice with olive oil before toasting). Top with tomato mix and serve. Can also add a sprinkle of grated cheddar cheese on top.

Nutrient Analysis for 1 small slice of French bread or 3 crackers with 1 Tbsp. topping:

Calories: 71	Fat: 2 g	Cholesterol: 0 mg
Saturated Fat: 0 g	Polyunsaturated Fat: 0.3 g	Monounsaturated Fat: 1.7 g
Sodium: 105 mg		



Sponsored by:
Barnes ON THE MOVE Partnership
Make the healthy choice the easy choice.
845-8192

