

Tomato and Basil Bruschetta

12 servings

It is important to eat a variety of vegetables because different vegetables provide different nutrients.

- 8 ripe Roma tomatoes, gently rubbed under cold running water, chopped
- 1-2 cloves garlic, gently rubbed under cold running water, minced
- ½ cup onion, scrubbed with clean vegetable brush under running water, chopped
- 8 fresh basil leaves, gently rubbed under running water, chopped **OR** 1 teaspoon dried basil
- 3 Tablespoons olive oil, divided
- 1 teaspoon balsamic vinegar
- 1 loaf French-style bread, cut into ½ -inch thick slices



1. Wash hands with soap and water.
2. In a large bowl, combine the tomatoes, garlic, onion, basil, 1 Tablespoon olive oil and vinegar. Season with salt and pepper, to taste. Stir gently and set aside.
3. Arrange bread on a baking sheet in a single layer. Pour 2 Tablespoons of olive oil in a small bowl. Brush bread slices with a small amount of olive oil. Set oven to broil. Broil the bread for 3-5 minutes. Watch closely, as the bread will toast quickly. Remove bread from oven once it is slightly browned.
4. Top each slice of bread with tomato mixture*.
5. Store leftover tomato mixture in a sealed container in the refrigerator for up to four days.

*Add tomato mixture to toasted bread right before eating, as the bread will become soggy.

Nutrition Information per Serving (1/12 of recipe): Calories 200, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 300mg, Total Carbohydrates 34g, Fiber 2g, Total Sugars 2g, Includes 1g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%.