



Tomato Bruschetta

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Classic garden tomato bruschetta with basil and balsamic vinegar atop whole grain crostinis.

Prep time: 15 mins Cook Time: 10 mins Total Time: 25 mins

Serves 8

Ingredients:

Crostini:

12-ounce whole grain baguette, sliced ½-inch thick

½ tablespoon (7.5 mL) olive oil

Dash kosher or sea salt

Bruschetta:

2 large tomatoes, cored and diced (about 4 cups)

¼ cup (60 mL) fresh basil, chiffonade

2 tablespoons (30 mL) olive oil

1 tablespoon (15 mL) balsamic vinegar

½ teaspoon (2.5 mL) kosher or sea salt

¼ teaspoon (1.25 mL) freshly ground black pepper

Instructions:

1. Preheat the oven to 400 degrees.
2. Line the baguette slices on a baking sheet and drizzle with olive oil and sprinkle with salt. Bake 8-10 minutes or until lightly browned and crisp. Let cool.
3. In a medium bowl, stir together the tomatoes, basil, olive oil, balsamic, salt and black pepper. Taste and adjust the seasoning, if necessary.
4. Spoon tomato bruschetta onto each crostini. Serve.

Cooking Tip: If the tomato mixture becomes liquid, strain it and discard the liquid.

Nutrition:

Serving Size: 1/8 of recipe

Calories: 152

Sugar: 2g

Sodium: 342mg

Fat: 4g

Saturated Fat: 1g

Unsaturated Fat: 3g

Trans Fat: 0g

Carbohydrates: 24g

Fiber: 1g

Protein: 4g

Cholesterol: 0mg