

Bruschetta



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What You Need

A fresh and flavorful appetizer or serve with hard cheese for a balanced lunch.

Makes 6 servings

3 inch wide whole wheat French baguette, cut into 1 inch thick disks

4 large tomatoes, diced into small pieces

1/2 cup fresh basil leaves, chopped into small pieces

Fresh ground pepper and salt to taste

2 green onions, diced into small pieces

2-4 cloves fresh garlic, minced

1 tsp. balsamic vinegar

2 tbsp. olive oil

Per Serving

Calories: 170

Carbohydrates: 25g

Protein: 5 g

Fat: 7 g

Fibre: 4 g

How You Prepare

1. In a bowl combine diced tomatoes, chopped basil, salt, pepper, green onions, garlic, balsamic vinegar, and olive oil.
2. (OPTIONAL) Meanwhile slice whole wheat French baguette into disks and place on a baking sheet and bake in the oven until toasted. Remove bread from the oven and transfer to a large serving platter.
3. Spoon tomato mixture over the bread and serve.