

Tomato Bruschetta

Use these simple ingredients to create a delicious bruschetta that is full of flavor!

Prep time: 15 minutes

Cook time: 20 minutes

Makes: 6 servings

Source: Simply Recipes

Ingredients

- 5 Roma (plum) tomatoes or about 25 grape tomatoes
- 1 teaspoon oil
- 2 teaspoons basil
- 2 cloves garlic or 2 teaspoons bottled minced garlic or garlic powder
- 1/2 loaf French or Italian bread, sliced and toasted, or about 30 whole grain crackers

Directions

1. Wash and dice tomatoes.
2. Place in strainer or colander and drain off liquid.
3. Combine in bowl remaining ingredients.
4. To serve, spread on toasted bread or whole grain crackers.

Utensils Needed

- Small Knife
- Cutting Board
- Strainer



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	113
Total Fat:	1.7 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	198 mg
Total Carbohydrates:	21 g
Dietary Fiber:	2 g
Total Sugars:	4.2 g
Added Sugars:	0 g
Protein	4.4 g

SHOPPING LIST

Average total cost without oil and seasonings: \$4.79

Average cost/serving: \$0.80

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 5 to Cart
Roma Tomatoes, 6 oz (avg)



Add 1 to Cart
Fresh Garlic, 4 oz. (avg)



Add 1 to Cart
French bread, Wheat 16 oz.

My Cooking Notes

SAVE TIME, SAVE MONEY

Produce Tips

- Choose tomatoes that are heavy for their size
- Tomatoes with a stronger smell will be more flavorful! Pick a tomato with a sweet and earthy smell.
- Local tomatoes will taste better because this means they were ripened on the vine, as opposed to being picked while they were green, shipped unripened. Choosing local means better quality and will be less expensive!
- Ripe tomatoes can be stored at room temperature and consumed within a couple of days. Overripe tomatoes should be stored in the refrigerator.