

Tomato-Basil Bruschetta

Ingredients:

- 3 plum tomatoes, chopped
- 1/3 cup green onions, thinly sliced
- 4 tablespoons olive oil, divided
- 1 tablespoon basil, minced
- 1 tablespoon red wine vinegar
- 1/2 teaspoon oregano, dried
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper, ground
- 1 loaf french bread, cut into 1/2-inch slices
- 2 garlic cloves, peeled and halved

Directions

1. In a small bowl, combine tomatoes, onions, oil, basil, vinegar, oregano, salt, and pepper; set aside.
2. Lightly brush both sides of bread slices with remaining oil.
3. Arrange on ungreased baking sheets.
4. Broil 3 — 4-inches from the heat for 2 — 3 minutes on each side or until golden brown.
5. Rub garlic over bread slices.
6. With a slotted spoon, top each slice with tomato mixture. Serve.

Nutrition Facts

Serving Size 1 appetizer (31g)
Servings Per Container 24

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g

Vitamin A 2% • **Vitamin C 4%**

Calcium 2% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

