

Fresh Bruschetta

Serving Size: 2 slices

Serves: 12

Ingredients

3 medium tomatoes, chopped

3 cloves minced garlic

1/4 cup olive oil

1/4 cup fresh basil, chopped

Dash of salt

1/4 teaspoon ground black pepper

3 – 4 inch Ciabatta Rolls or 1 French baguette, sliced into 3/4 inch slices

12 oz part skim, low moisture mozzarella cheese, sliced

Fresh chopped parsley to garnish

Directions

1. In a large bowl, combine the roma tomatoes, garlic, olive oil, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
2. Set the oven on broiler setting.
3. Toast the bread slices on a baking sheet for 1 to 2 minutes until slightly browned.
4. Place a diagonal half slice of cheese on each bread slice.
5. Divide the tomato mixture evenly over the bread slices.
6. Garnish with chopped parsley.
7. Serve cold.

Exchanges per serving:

1 Starch, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 116

Calories from fat: 42

Total Fat: 5g

Cholesterol: 1mg

Sodium: 196mg

Total Carbohydrate: 14g

Dietary Fiber: 1g

Protein: 4g