

Garlic Herb Bread on the Grill

Serving Size: 1 (3½inch) piece

Serves: 8

Ingredients:

3 tablespoons olive oil
1 clove fresh garlic, minced
2 tablespoons fresh oregano, finely chopped
2 tablespoons fresh thyme, finely chopped
1 French baguette, sliced lengthwise in half
Grated parmesan and coarse black pepper to garnish

Directions:

Combine the oil, garlic and herbs in a small mixing bowl. Brush the bread with the oil mixture. Grill until slightly browned. Garnish with parmesan and black pepper. Slice into six servings and serve.

Exchanges per serving:

½ Starch, 1 Fat

Nutrients per serving:

Calories: 83

Calories from fat: 47

Total Fat: 5g

Cholesterol: 0mg

Sodium: 78mg

Total Carbohydrate: 8g

Dietary Fiber: 1g

Protein: 2g