

# BRUSCHETTA

From Keep the Beat – NHBLI

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cId=10&rId=157>

## Ingredients

- ½ whole grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)
- 1 cup fresh tomatoes, rinsed and diced
- ¼ cup jarred roasted red peppers, diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- 6 Kalamata olives, rinsed and sliced (or substitute any black olive)
- ½ Tbsp. olive oil
- 2 Tbsp. fresh basil, rinsed, dried, and chopped (or 2 tsp dried)
- ¼ tsp. ground black pepper

## Instructions

1. Lightly toast baguette slices.
2. Combine remaining ingredients, and toss well.
3. Top each bread slice with about 2 tablespoons of tomato mixture, and serve

Makes 4 servings

## Tips:

- Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don't have leftover cooked vegetables, see basic cooking instructions.
- Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.
- Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don't have leftover cooked vegetables, see basic cooking instructions.
- Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

## Nutritional information per serving (4 servings)

- Calories: 119
- Total fat: 4g
- Saturated fat: 0g
- Cholesterol: 0mg
- Sodium: 256mg
- Total fiber: 2g
- Protein: 4g
- Carbohydrates: 17g
- Potassium: 113mg
- Vitamin A: 10%
- Vitamin C: 10%
- Calcium 4%
- Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.

