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Nutrition Per Serving:

calories	117
protein	4 g
carbohydrate	17 g
total fat	4 g

Prep time: 15 minutes

Cook time: 5 minutes

Yield: 4 servings

Serving size: 3 bruschetta slices, each with 2 Tbsp tomato mixture

- ½ whole grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)
- 1 C fresh tomatoes, rinsed and diced
- ¼ C 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



BRUSCHETTA

roasted red peppers add extra zing to this classic chopped tomato dish

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.



Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.