



Tomato Bruschetta

INGREDIENTS:

- 1 1/2 cups Roma tomato, chopped
- 1/4 cup Fresh basil, cut thin
- 1 teaspoon Garlic, minced
- 1 teaspoon Olive oil
- 1/4 teaspoon Salt
- 1/8 teaspoon Black pepper, ground
- 1/2 each Whole grain baguette, cut thinly

PREPARATION:

- Preheat oven to 350° F.
- Thinly slice whole grain baguette. Serving 2 thin slices per person (about 2 ounces).
- Arrange the slices of bread onto a sheet tray and brown both sides slightly in the oven. About 3 minutes each side. Remove the slices of bread from the oven.
- In a medium bowl, combine chopped tomatoes, basil, garlic, olive oil, salt and black pepper.
- Spread the tomato mixture onto the golden brown bread and enjoy.

**Chef's Note: The tomato mixture can also be served as a topping for your grilled chicken, fish, or pork tenderloin.*

Yield: 6 servings

Serving Size: 2 pieces

Calories: 45

Fat: 1.5 grams

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