



Tomato Bruschetta

Ingredients:

- 4 Roma tomatoes, deseeded and diced
- ½ red onion, diced
- 2 cloves garlic, minced + 1 clove for making the toast
- 1 tablespoon capers, minced
- 3 leaves fresh basil, minced
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1 French baguette or similar bread

Instructions:

1. For the topping, combine all ingredients, except the bread and extra garlic clove, in a bowl and mix thoroughly.
2. Place the topping in the refrigerator to marinate, meanwhile make the toast.
3. Cut the bread into 1.5in slices and lay on a baking sheet. Brush with a little olive oil if desired and broil in the oven on high for 5 minutes or until golden brown.
4. Cut the garlic clove in half and rub onto the toasted bread.
5. Take the tomato topping out of the fridge and place ¼ cup of topping onto each slice of toast.

Variations:

- If you don't have an oven you can individually toast the slices of bread in a toaster.
- You can also serve with 100% whole grain crackers, such as Tricsuits, Mary's Gone, Ak-Mak or Wasa crackers or tortilla chips.
- Try various flavor combinations, for example use different kinds of oils and vinegars, or different types of herbs.

Prep Time: 10-20 minutes

Equipment:

knife and cutting board
measuring cups and spoons
mixing bowl
baking sheet
oven (optional)

Servings: 8

Serving Size: 1 bruschetta



Nutrition Facts: 140 Calories, 2 g Fat, 0 g Saturated Fat, 27 g Carbohydrates, 6 g Protein, 2 g Fiber, 2 g Sugar, 300 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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