



# B r u s c h e t t a



Meke 10 servings

**Ingredients:**

- 4 Medium tomatoes, diced
- 1/3 Cup basil leaves, sliced into narrow ribbons
- 2 Tsp. balsamic vinegar
- 2 Cloves garlic, finely minced
- 2 Tbs. olive oil
- 1/2 Tsp. salt
- 1/8 Tsp. pepper
- 10 (1/2– Inch thick) slices French bread, cut at an angle, toasted.

Recipe Source: Michelle Dojiri

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

**Preparation:**

Combine all the ingredients except the French bread; cover and let stand 30 minutes-2 hours. Drain the tomato mixture. Top each bread slice with one tablespoon of tomato mixture an serve.

**Nutritional information for 1 serving:**

*Calories 90*  
*Fat 2.2 gm*  
*Saturated fat 0 gm*  
*Cholesterol 0 mg*  
*Fiber 1.1 gm*  
*Sodium 255 mg.*

Rev.01/2010



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