

bruschetta

Ingredients

1/2 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

1/4 cup jarred roasted red peppers, diced (or substitute fresh roasted red peppers)

6 Kalamata olives, rinsed and sliced (or substitute any black olive)

1/2 tablespoon olive oil

2 tablespoons fresh basil, rinsed, dried, and chopped (or 2 teaspoons dried)

1/4 teaspoon ground black pepper



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.

Yield 4 servings, **Serving Size** 3 bruschetta slices, each with 2 tablespoons tomato mixture, **Calories** 119, **Total Fat** 4 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 256 mg, **Total Fiber** 2 g, **Protein** 4 g, **Carbohydrates** 17 g, **Potassium** 113 mg



National Heart, Lung,
and Blood Institute