

Crispy Tomato Toast

What You'll Need

- 2 large tomatoes cut into small chunks
- 1 clove fresh garlic, finely chopped
- 3 or 4 leaves fresh, finely chopped basil, or 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 tablespoon balsamic vinegar
- 1 tablespoon of olive oil
- 1 whole-wheat baguette

Serves 4

Let's Cook!

- 1 Toss tomato, garlic and basil together in a medium bowl.
- 2 Mix in salt, pepper, oil and vinegar.
- 3 Cover and refrigerate at least 1 hour to chill.
- 4 Preheat oven to 350 degrees.
- 5 Slice baguette into 1-inch slices and place on baking sheet.
- 6 Bake baguette slices for 4 to 5 minutes, until lightly toasted.
- 7 Spoon mixture onto toasted bread and serve immediately.

Variation: Instead of a baguette, serve with whole-wheat crackers.

Nutrition Facts

Serving Size (120g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 2%	Vitamin C 30%
Calcium 2%	Iron 2%

Nutrition Facts per serving (not including baguette or crackers)

