



### NUTRITION PER SERVING:

<b>CALORIES</b>	119
<b>PROTEIN</b>	4 G
<b>CARBOHYDRATE</b>	17 G
<b>TOTAL FAT</b>	4 G

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<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	5 MINUTES

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<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	3 BRUSCHETTA SLICES, EACH WITH 2 TBSP TOMATO MIXTURE

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**½** WHOLE GRAIN BAGUETTE (FRENCH BREAD), CUT INTO 12 SLICES (OR SUBSTITUTE 3 SLICES WHOLE-WHEAT BREAD, EACH CUT INTO 4 SQUARES)

**1 C** FRESH TOMATOES, RINSED AND DICED

**¼ C** JARRED ROASTED RED PEPPERS, DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

**6** KALAMATA OLIVES, RINSED AND SLICED (OR SUBSTITUTE ANY BLACK OLIVE)

**½ TBSP** OLIVE OIL

**2 TBSP** FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)

**¼ TSP** GROUND BLACK PEPPER



## BRUSCHETTA

ROASTED RED PEPPERS ADD EXTRA ZING TO THIS CLASSIC CHOPPED TOMATO DISH

- 01 Lightly toast baguette slices.
  - 02 Combine remaining ingredients, and toss well.
  - 03 Top each bread slice with about 2 tablespoons of tomato mixture, and serve.
- ✓ Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

