Bruschetta

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

Serve this bruschetta on your favorite type of bread! A full baguette or half of a larger artisanal loaf of bread works well.

About the Recipe

27 Calories · 1 g Protein · 1 g Fiber
Side Dish
Nut-free

Bread note: How much sliced bread you need depends on the type of bread and the size of the slices.

Ingredients

Makes 4 Servings

- Sliced crusty bread (see note)
- 1 1/2 c (270 g) chopped seeded tomatoes or sliced grape/cherry tomatoes
- 1/4 c (34 g) chopped kalamata olives
- 3 sliced green onions, mostly green portion
- 1 1/2 tsp (7.5 mL) balsamic vinegar
- 1/2 tsp (2.5 mL) dried oregano
- 1 small clove garlic, grated
- 1/4 tsp (1.2 mL) iodized salt
- to taste fresh basil **optional*

Directions

1. Preheat the oven to 400 F (204 C). Line a baking sheet with parchment paper.
2. Place the bread slices onto the parchment paper. Bake for 8 to 9 minutes, until golden. Let cool slightly.

3. Meanwhile, in a bowl, combine the remaining ingredients, other than the basil, and stir thoroughly.
4. Place spoonfuls of the tomato mixture on each slice of bread.
5. Return to the oven and bake for 10 to 12 minutes, until edges of bread are crispy and golden and toppings are lightly heated through. Top with fresh basil.

Nutrition Facts

Per serving (1/4 of recipe, topping only)

Calories: 27 kcal
Fat: 1 g
    Saturated Fat: <0.5 g
    Calories From Fat: 34%
Cholesterol: 0 mg
Protein: 1 g
Carbohydrates: 3 g
Sugar: 2 g
Fiber: 1 g
Sodium: 215 mg
Calcium: 22 mg
Iron: 0.8 mg
Vitamin C: 11 mg
Beta-Carotene: 571 mcg
Vitamin E: 0.5 mg