Michele Sodon

NUTRITION PER SERVING:

CALORIES	119
PROTEIN	4 G
CARBOHYDRATE	17 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	5 MINUTES

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

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

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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.