

TOMATOES



Tomato Bruschetta

INGREDIENTS

- 3 ripe tomatoes
- Garlic, 2-5 cloves
- 1 small onion
- 2 tablespoons olive oil
- 1 tablespoon vinegar (balsamic, red wine or cider)
- 1 bunch fresh basil
- ¼ teaspoon salt
- Black pepper, to taste

PEAK SEASON

July – October

DIRECTIONS

- 1** Chop tomatoes into ½” pieces.
- 2** Reserve one whole garlic clove and mince remaining cloves.
- 3** Dice onion and chop or tear basil.
- 4** Toss together all ingredients and serve atop grilled bread that has been rubbed with the remaining garlic clove while warm.

Make 12 servings

*Per serving: 97 calories, 1gm fat, 3gm protein,
1 gm fiber*

*Recipe provided by
Henry Ford Health System
Generation with Promise*

