

BRUSCHETTA

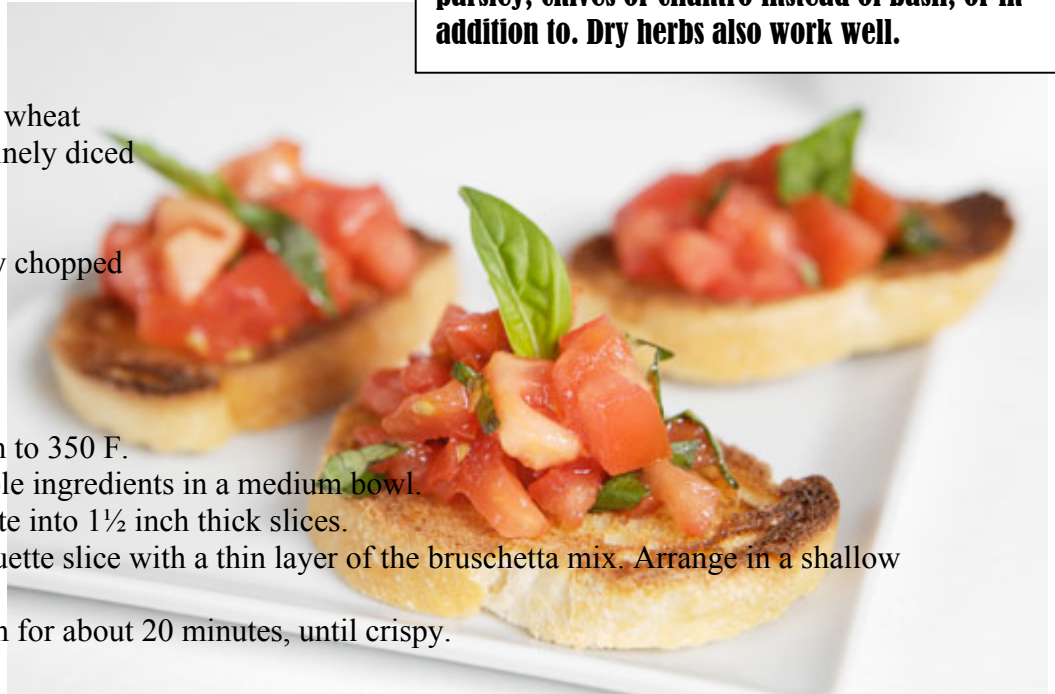
Ingredients:

1 large baguette, whole wheat
2 large ripe tomatoes, finely diced
4 garlic cloves, minced
1/3 cup olive oil
1/2 cup fresh basil, finely chopped

Instructions:

- Preheat the oven to 350 F.
- Mix the vegetable ingredients in a medium bowl.
- Slice the baguette into 1½ inch thick slices.
- Cover each baguette slice with a thin layer of the bruschetta mix. Arrange in a shallow baking tray.
- Bake in the oven for about 20 minutes, until crispy.

Serves 4 to 6 people



Tip: experiment with different fresh herbs. Use parsley, chives or cilantro instead of basil, or in addition to. Dry herbs also work well.

Fact

Tomatoes contain *lycopene*, a compound found to be beneficial for our health. Cooked in olive oil, lycopene in tomatoes becomes more available for the body to absorb.