

Tomato Bruschetta

Choose vegetables or fruit for a quick and healthy snack! Whole grain French bread or crackers topped with this delicious tomato mixture will help you meet your goal of 7–10 servings of Vegetables and Fruit daily.



Ingredients:

8 medium	Tomatoes, diced	8 medium
2 medium	Onions, diced	2 medium
1 cup	Fresh parsley, minced	250 mL
½ cup	Fresh basil, minced or 2 teaspoons (10 mL) dried	125 mL
2 cloves	Fresh garlic, minced	2 cloves
¼ cup	Canola oil	60 mL
¼ cup	White vinegar	60 mL
¼ cup	Lemon juice	60 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL

Directions:

1. In a medium bowl, mix together tomatoes, onions, parsley, basil and garlic.
2. In a small bowl, mix together oil, vinegar, lemon juice, salt and pepper.
3. Add dressing to the tomato mixture and mix gently.
4. Serve bruschetta at room temperature on sliced whole grain French bread or crackers.

Makes 8 servings (250 mL/ 1 cup/ 184 g)

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Nutrition Facts

Per 1/8 of recipe (250 mL/ 1 cup/ 184 g)

Amount	% Daily Value
Calories 100	
Fat 7 g	11 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 160 mg	7 %
Carbohydrate 9 g	3 %
Fibre 2 g	8 %
Sugars 5 g	
Protein 2 g	
Vitamin A	45 %
Vitamin C	50 %
Calcium	4 %
Iron	8 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	0.5 g
High in potassium	399 mg
Source of magnesium	25 mg
Source of folate	32 mcg
Source of iron	1 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.