

## Bruschetta



A simple, fresh recipe that can be enjoyed as a snack or an appetizer.  
Recipe makes 4 servings.

### Nutrition Facts

Serving Size: 3 bruschetta slices with 2 Tbsp tomato mixture

Calories: 119

Fat: 4 g

Carbohydrate: 17 g

Cholesterol: 0 mg

Dietary Fiber: 2 g

Sodium 256 mg

Protein 4 g

Source: National Institutes of Health (NIH) . For more healthy recipes, visit:  
[www.nhlbi.nih.gov/health/educational](http://www.nhlbi.nih.gov/health/educational)

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## Bruschetta



### Ingredients

- 1/2 whole-grain baguette (French bread) cut into 12 slices
- 1 cup fresh tomatoes, rinsed and diced
- 1/4 cup jarred roasted red peppers, diced

- 6 Kalamata (or black) olives, rinsed and sliced
- 1/2 Tbsp. olive oil
- 2 Tbsp fresh basil, rinsed, dried and chopped (or 2 tsp dried basil)
- 1/4 tsp ground black pepper

### Directions

1. Lightly toast baguette slices.
2. Combine remaining ingredients, and toss well.
3. Top each bread slice with about 2 tablespoons of tomato mixture, and serve.