

Italian Tomato Bruschetta (makes 4 servings)

4 slices Country Italian Bread
2 Fresh and Ripe Tomatoes
2 cloves Fresh Garlic
2 Tbsp Extra Virgin Olive Oil
1/8 tsp Salt
1/8 tsp Pepper (optional)
garnish Fresh Basil

Wash tomatoes with cold tap water and dry with paper towels. You may choose to peel the tomatoes or not. Remove seeds and coarsely chop tomatoes. Drain well on paper towels to reduce their juice. Peel garlic. Lightly toast bread. Rub a clove of garlic on one side of each toasted bread slice and sprinkle with salt and pepper. Arrange chopped tomatoes on top, then brush with olive oil. Garnish with chopped fresh basil. Serve warm. Note: For variety, the garlic may be substituted with fresh chopped chives and basil.

Nutrition per serving:

130 Calories; 2 gm Protein; 13 gm Carbohydrates; 8 gm Total Fat; 1 gm Saturated Fat; 0 Cholesterol; 1 gm Fiber; 193 mg Sodium