



Bruschetta

Prep time: 15 minutes

Makes: 4 servings

Ingredients

- 4 roma (plum) tomatoes, diced
- 2 tablespoons fresh basil, thinly sliced
- 1 clove garlic, minced
- 1 ½ teaspoons balsamic vinegar
- 1/2 teaspoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- ½ loaf French bread, toasted and sliced

Directions

1. In a bowl, toss together the tomatoes, basil, and garlic.
2. Mix in the balsamic vinegar, olive oil, salt, and black pepper.
3. Serve on toasted bread sliced

Tips

Let the mixture sit for 30 minutes to an hour to let the flavors blend together.

Be creative! Add chopped onion, crushed red pepper flakes for a kick, or other thinly sliced greens like swiss chard or arugula!

Recipe adapted from allrecipes.com



This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. University of Illinois at Chicago * United States Department of Agriculture * Chicago Partnership for Health Promotion is a unit of the Office of Community Engagement And Neighborhood Health Partnerships (OCEAN-HP) representing a network of community based interventions designed to improve nutrition and reduce disparities in outcomes associated with nutritional diseases including obesity.



Bruschetta

Tiempo de preparación: 15 minutos

Sirve: 4 porciones

Ingredientes

- 4 tomates rojos, cortados en cubitos
- 2 cucharadas de albahaca fresca, en rodajas finas
- 1 diente de ajo picado
- 1 ½ cucharaditas de vinagre balsámico
- ½ cucharadita de aceite de oliva
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra molida
- ¼ pan francés, tostado y rebanado

Preparación

1. En un bol, mezcle los tomates, la albahaca y el ajo.
2. Mezcle el vinagre balsámico, el aceite de oliva, la sal y la pimienta negra.
3. Servir sobre rebanadas de pan tostado

Consejos

Deje reposar la mezcla durante 30 minutos a una hora para que los sabores se mezclen.

¡Ser creativo! Agregue la cebolla picada, las chispas de pimienta roja machacadas para una patada, u otros verdes finamente rebanados como la acelga o el arugula suizos!

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