

## Bruschetta

*A fresh flavourful appetizer or serve with hard cheese for a balanced lunch.*

**Makes 6 servings**

### What you need:

3 inch wide whole wheat French baguette, cut into 1 inch thick disks  
4 large tomatoes, diced into small pieces  
1/2 cup fresh basil leaves, chopped into small pieces  
Fresh ground pepper and salt to taste  
2 green onions, diced into small pieces  
2-4 cloves fresh garlic, minced  
1 tsp. balsamic vinegar  
2 tbsp. olive oil

### How you prepare:

1. In a bowl combine diced tomatoes, chopped basil, salt, pepper, green onions, garlic, balsamic vinegar, and olive oil.
2. (OPTIONAL) Meanwhile slice whole wheat French baguette into disks and place on a baking sheet and bake in the oven until toasted. Remove bread from the oven and transfer to a large serving platter.
3. Spoon tomato mixture over the bread and serve.



### Per serving:

Calories: 170  
Carbohydrates: 25g  
Protein: 5 g  
Fat: 7 g  
Fibre: 4 g

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