



Bruschetta

Ingredients

- 3 roma tomatoes
- 2-3 basil leaves
- 2-3 sprigs of parsley
- ½ tbsp parmesan cheese
- 2-3 tbsp extra virgin olive oil
- 2-3 tbsp minced garlic
- 1 loaf french bread
- salt and pepper, to taste

Directions

1. Dice tomatoes, parsley, and basil and toss in a small mixing bowl.
2. Add olive oil, parmesan, garlic, salt, and pepper.
3. Toss all ingredients and keep cool.
4. Slice bread diagonally and place on a baking sheet.
5. Drizzle with olive oil and toast at 375 degrees for 5 minutes. Top with bruschetta mixture.
6. Serve and Enjoy!

Healthy Tip: Olive oil is heart healthy fat!

Calories 153

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 339 mg

Total Carbohydrate 30 g

Dietary Fiber 2 g

Sugars 1 g

Protein 6 g