



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Bruschetta



1 French bread baguette
1 lb. (3-4 medium) tomatoes
1/4 cup fresh basil leaves, thinly sliced
1-2 cloves garlic, minced
2 Tablespoons and 1 teaspoon olive oil
(divided)

1 teaspoon balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 cup shredded Parmesan cheese

Instructions: Preheat oven to 400°F. Wash hands with soap and water. Slice baguette on the diagonal into half-inch slices. Lightly brush one side with 2 Tablespoons olive oil and place oil-side down on baking sheet. Bake for 5-7 minutes, turning halfway. Core tomatoes and chop. Place in a medium bowl. Add basil, garlic, remaining olive oil, vinegar, salt and pepper; stir gently to combine and set aside to marinate for 15-30 minutes. Spoon tomato basil mixture onto toasted baguette slices and sprinkle with Parmesan cheese.

Yield: 12 servings

Nutrition Facts (per serving): 90 calories, 4 grams fat, 180 milligrams sodium, 11 grams carbohydrate, 0 grams fiber, 3 grams protein