

MAKES 6 SERVINGS

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This easy snack or appetizer is fast to assemble and is great in the spring and summer months, when fresh tomatoes and herbs are in season. We used cherry or grape tomatoes because they taste great year-round.

TIP

You can use larger tomatoes, if desired. Three medium tomatoes or 5 Roma (plum) tomatoes will make about the same amount of chopped.

SERVING IDEA:

This makes a great starter when you're entertaining guests. For the main course, serve Broiled Cilantro Ginger Salmon (page 207) with Black Bean Salsa (page 106) and Steamed Asian Vegetable Medley (page 263). Finish with Chocolate Fondue (page 311).

Easy Tomato Basil Bruschetta

• **Preparation time: 15 minutes / Cooking time: 8 minutes**

- Preheat broiler
- Baking sheet

6	slices light rye bread	6
2 tbsp	extra-virgin olive oil, divided	25 mL
18	cherry or grape tomatoes, coarsely chopped	18
5	leaves fresh basil, chopped	5
2	large roasted red bell peppers (from a jar or see recipe, page 98), drained and coarsely chopped	2
1	clove garlic, minced	1
2 tbsp	freshly grated Parmesan cheese	25 mL
2 tsp	hot pepper sauce (optional)	10 mL
1 tsp	freshly ground black pepper	5 mL
1/2 tsp	salt	2 mL
1/4 cup	feta cheese (optional)	50 mL

1. Arrange bread on baking sheet. Brush lightly with 1 tbsp (15 mL) of the olive oil. Toast under preheated broiler for 3 minutes or until light brown.
2. In a medium bowl, toss cherry tomatoes, basil, red peppers, garlic, Parmesan, the remaining olive oil, hot pepper sauce (if using), pepper and salt. Distribute evenly on top of bread. Sprinkle with feta cheese, if using.
3. Broil until heated through, about 5 minutes. Cut each slice of bread in half diagonally.

 **KID APPROVED**

**Diabetes Food Choice
Values Per Serving**

1	Carbohydrate
1	Fat

NUTRIENTS Per Serving

Calories: 130	Carbohydrate: 16 g	Calcium: 53 mg
Fat: 6.1 g	Fiber: 2.6 g	Iron: 1.2 mg
Sodium: 443 mg	Protein: 3.7 g	

Very high in: Vitamin C • **High in:** Folate
A source of: Dietary fiber