

# Bruschetta

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

Serve this bruschetta on your favorite type of bread! A full baguette or half of a larger artisanal loaf of bread works well.

## About the Recipe

**27 Calories · 1 g Protein · 1 g Fiber**

**Side Dish**

**Nut-free**

Bread note: How much sliced bread you need depends on the type of bread and the size of the slices.

## Ingredients

***Makes 4 Servings***

- Sliced crusty bread (see note)
- 1 1/2 c (270 g) chopped seeded tomatoes or sliced grape/cherry tomatoes
- 1/4 c (34 g) chopped kalamata olives
- 3 sliced green onions, mostly green portion
- 1 1/2 tsp (7.5 mL) balsamic vinegar
- 1/2 tsp (2.5 mL) dried oregano
- 1 small clove garlic, grated
- 1/4 tsp (1.2 mL) iodized salt
- to taste fresh basil

## Directions

1. Preheat the oven to 400 F (204 C). Line a baking sheet with parchment paper.
2. Place the bread slices onto the parchment paper. Bake for 8 to 9 minutes, until golden. Let cool slightly.

3. Meanwhile, in a bowl, combine the remaining ingredients, other than the basil,&nbsp;and stir thoroughly.
4. Place spoonfuls of the tomato mixture on each slice of bread.&nbsp;
5. Return to the oven and bake for 10 to 12 minutes, until edges of bread are crispy and golden and toppings are lightly heated through. Top with fresh basil.&nbsp;

## **Nutrition Facts**

*Per serving (1/4 of recipe, topping only)*

**Calories:** 27 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 34%

**Cholesterol:** 0 mg

**Protein:** 1 g

**Carbohydrates:** 3 g

**Sugar:** 2 g

**Fiber:** 1 g

**Sodium:** 215 mg

**Calcium:** 22 mg

**Iron:** 0.8 mg

**Vitamin C:** 11 mg

**Beta-Carotene:** 571 mcg

**Vitamin E:** 0.5 mg