



BRUSCHETTA

PREP TIME: 15 minutes

SERVING SIZE: ½ cup

COOK TIME: 0 minutes

SERVES: 4

INGREDIENTS

- 1 pint cherry or grape tomatoes, quartered
- 2-3 cloves garlic, minced
- 8-10 fresh basil leaves, thinly sliced into ribbons*
- ¼ cup red wine vinegar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 baguette, sliced into 1 inch pieces
- 1 tablespoon olive oil
- 1 clove of garlic

PREPARATION

1. In a medium bowl mix together tomatoes, garlic, basil, and vinegar.
2. Cover and refrigerate for one hour.
3. Brush baguette slices lightly with olive oil and toast using a skillet or the oven. Rub each toasted slice of bread with a clove of raw garlic.
4. Top bread slices with tomato mixture and enjoy! You can also enjoy this recipe using crackers.

*To thinly slice basil leaves, stack leaves on top of each other and roll up like a burrito. Then make thin slices from one end of the basil burrito to the other to create ribbons.

**Nutrition calculated using ¼ of baguette & ½ cup tomato mixture

SOURCE

Let's Be Real Nutrition

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

4 servings per container	
Serving size	1/2 cup (164g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 39g	14%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 3mg	15%
Potassium 208mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 9/18
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BRUSCHETTA

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: x minutos

PORCIONES: 1

INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.
3. *Opcional:* Adornar encima con más cereal.

FUENTE (O ADAPTADA DE)

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición



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