

Cooking for Wellness

Sponsored by:





Fresh Tomato Bruschetta

Yields 50 pieces (for 10 guests). Ingredients

8 ripe plum tomatoes, seeded and diced
2 tbsp finely minced garlic
1/2 cup coarsely chopped fresh basil
1/4 cup finely chopped fresh parsley
1 tbsp fresh lemon juice
1/2 tbsp extra-virgin olive oil
1 tsp finely minced fresh tarragon
1/4 tsp crushed red pepper flakes
2 baguettes, cut in 1/2-inch-thick slices
6 cloves garlic, cut in half



Instructions

- 1. In a bowl, mix all ingredients except bread and garlic cloves.
- 2. Add salt and pepper to taste.
- 3. Set aside, unrefrigerated, three hours.
- Heat oven to 350°F. Toast bread on a baking sheet. Rub cut side of garlic on each slice, top with tomato mixture.
- 5. Enjoy!