

Did You Know?

Tomatoes pack a nutrient punch, providing a variety of antioxidants, vitamins and minerals and a healthy dose of dietary fiber. Diets rich in plant foods, such as tomatoes, have many health benefits, including a lower risk for heart disease, hypertension, Type 2 diabetes and cancer.



Find more resources at
clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.

Classic Bruschetta

Makes 15 (2 slices with topping) servings

3 c fresh diced tomatoes

(approximately 5 medium tomatoes)

1 clove crushed garlic

2 Tbsp chopped fresh basil

1 Tbsp olive oil

2 Tbsp balsamic vinegar

1/4 tsp salt

1/8 tsp pepper

1 whole-grain baguette



1. Mix chopped tomatoes, crushed garlic, vinegar and oil.
2. Sprinkle salt, pepper and basil into mixture and stir.
3. Slice baguette into rounds ½-inch thick. Toast in oven at 350°F or toast in non-stick pan.
4. Spoon 3 Tbsp of tomato mixture onto bread rounds and serve.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 92

Protein: 3.5 g

Carbohydrate: 17 g

Dietary Fiber: 2 g

Total Fat: 1.5 g

Saturated Fat: 0 g

Sugar: 2 g

Sodium: 211 mg

Calcium: 5 mg

Magnesium: 5 mg

Potassium: 89 mg