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.
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 350ºF 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