



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	119
PROTEIN	4 G
CARBOHYDRATE	17 G
TOTAL FAT	4 G

PREP TIME:	15 MINUTES
COOK TIME:	5 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 BRUSCHETTA SLICES, EACH WITH 2 TBSP TOMATO MIXTURE

$\frac{1}{2}$ WHOLE GRAIN BAGUETTE (FRENCH BREAD), CUT INTO 12 SLICES (OR SUBSTITUTE 3 SLICES WHOLE-WHEAT BREAD, EACH CUT INTO 4 SQUARES)

1 C FRESH TOMATOES, RINSED AND DICED

$\frac{1}{4}$ **C** JARRED ROASTED RED PEPPERS, DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

6 KALAMATA OLIVES, RINSED AND SLICED (OR SUBSTITUTE ANY BLACK OLIVE)

$\frac{1}{2}$ **TBSP** OLIVE OIL

2 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)

$\frac{1}{4}$ **TSP** GROUND BLACK PEPPER



BRUSCHETTA

ROASTED RED PEPPERS ADD EXTRA ZING TO THIS CLASSIC CHOPPED TOMATO DISH

- 01 Lightly toast baguette slices.
 - 02 Combine remaining ingredients, and toss well.
 - 03 Top each bread slice with about 2 tablespoons of tomato mixture, and serve.
-  Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

