

# Fitness Aspects

For the Body & Mind

## NUTRITION PER SERVING:

<b>CALORIES</b>	119
<b>PROTEIN</b>	4 G
<b>CARBOHYDRATE</b>	17 G
<b>TOTAL FAT</b>	4 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	5 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	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.

