

Bruschetta with olive oil

Serves 2

4 slices of white crusty bread
1 garlic clove, chopped in half
2 tomatoes, finely chopped
1/2 onion, finely chopped
1 cup fresh basil leaves, chopped
extra virgin olive oil, to drizzle
salt and freshly ground black pepper

- 1 Place the bread slices under a hot grill in the oven and grill on both sides until brown.
- 2 Then rub the cut end of the garlic clove over one side of the bread, and spoon the tomatoes, onion and basil leaves on top.
- 3 Drizzle with olive oil and season to taste. Serve immediately.

Fat	6g	Carbs	30g	Energy	193kcal
Protein	6g	Sodium	.3g	Fibre	3g



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