

Italian Bruschetta

Meal time: Lunch/ Dinner

Meal course: Starter

Meal type: Vegan

Country of Origin: Italy

Difficulty: Easy

Servings: 6

Total time: 10 minutes + 4-5 hours marinating

Ingredients

1 tablespoon olive oil
 Dash of pepper
 12 slices French or Italian bread, lightly toasted
 1/4 teaspoon sea salt
 3 tomatoes, chopped
 3 tablespoons fresh basil, chopped

Nutrition Facts

	Amount per serving
Calories	184
Total Fat	4.4g
Saturated Fat	0.8g
Cholesterol	0 mg
Sodium	389 mg
Total Carbohydrate	30 g
Dietary fibre	3 g
Total Sugars	5 g
Protein	7 g
Vitamin D	0 IU
Calcium	89 mg
Iron	2.27 mg
Potassium	282 mg

Instructions

1. Combine chopped tomatoes, 3 tablespoons fresh chopped basil, 1 tablespoon olive oil, and 1/4 teaspoon sea salt in a bowl, cover it and marinate for 4 to 5 hours at room temperature.
2. Toast bread slices just before serving and spread tomato basil mixture on top evenly.
3. Sprinkle with pepper and serve right away!
4. Transfer veggies to a plate and cut pork into slices. Place them over veggies. Serve and enjoy.

Notes: for a vegetarian option you can add mozzarella cheese to the recipe. You can also drizzle bread with olive oil and fry it a bit over medium heat, instead of using a toaster. Drizzle bruschetta's with balsamic sauce.