

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Bruschetta

Serves 16

2 cups Roasted Diced Tomatoes

2 Tbsp chopped fresh Basil Leaves

1 tsp Oregano

1 Tbsp Extra-Virgin Olive Oil

1 clove Garlic, finely chopped

1 Tbsp Balsamic Vinaigrette

16 Slices (½ inch thick) baguette, toasted

Procedure:

In medium bowl, mix tomatoes, basil, oregano, olive oil, garlic and vinaigrette. Spoon mixture onto toasted bread slices. Serve immediately.

Nutritional Information:

(Serving size: 1 Appetizer) Calories 40, Total Fat 1g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Dietary Fiber 0g, Sugars 0g, Protein 1g

Recipe Tip:

Tomatoes contain carotenoids (plant pigments which color them red). Carotenoids are antioxidants that help protect cells from damage.