

Tomato & Basil Bruschetta

Bruschetta tomate-basilic

- 10 min
- Easy
- 200 kcal per serving
- Snack
- Lunch
- Vegan
- Quick



Ingredients

FOR ONE SERVING

Sourdough bread (<i>Pain au levain</i>)	4 slices
Tomato (<i>Tomate</i>)	3
Basil (<i>Basilic</i>)	10 leaves
Garlic (<i>Ail</i>)	1 clove
Olive oil (<i>Huile d'olive</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	200
Protein	5 g
Carbohydrates	26 g
Fat	8 g
Fiber	3 g

Preparation

- 1 Dice the tomatoes and chop the basil leaves. Mince the garlic finely.
- 2 Mix the tomatoes, basil, garlic, and olive oil in a bowl. Season with a little salt and pepper if you like.
- 3 Toast the sourdough bread slices until crisp and golden.
- 4 Rub the toasted bread lightly with the cut side of the garlic clove for extra flavor.
- 5 Spoon the tomato mixture evenly over the warm toast.
- 6 Serve right away so the bread stays crisp.

GOOD TO KNOW

Drain off any excess tomato juice before topping the bread to keep the bruschetta crisp.