

Bruschetta

This is a simple recipe that depends on the quality of the ingredients. This recipe should only be made in the summer when tomatoes are nice and ripe. I like to use a variety of heirloom tomatoes in my checca, but roma tomatoes may be considered the traditional tomato, as they are more meaty and give off less juice. Use sun-warmed tomatoes, extra virgin olive oil, good quality balsamic vinegar and fresh basil. Super easy! You cannot go wrong. Delish! You can also use the checca to sauce some pasta or top a pizza.

4	tomatoes, preferably Heirloom or Roma	pinch	salt & pepper to taste
6	cloves garlic, divided	¼ cup	olive oil, divided
1	Tbs balsamic vinegar	¼ cup	basil leaves, shredded
pinch	sugar	1	loaf french or italian bread

- 1 Prepare Tomato Checca. Dice tomatoes and place in a bowl. Mince 2 cloves of garlic and add to the bowl. Add balsamic vinegar, basil, sugar, salt and pepper. Drizzle a Tablespoon or 2 of olive oil just to coat the tomatoes and stir.
- 2 Slice bread into ¾ inch slices. Place on hot grill for a minute just until grill marks form and flip. Watch - watch and be careful not to burn.
- 3 Cut garlic clove in half. Rub the garlic onto the surface of one side of the bread. Brush bread with olive oil and place on platter.
- 4 Spoon Tomato Checca over the bread and serve.

Servings: 10

Preparation Time: 10 minutes

Cooking Time: 2 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 73 calories, 49 calories from fat, 5.6g total fat, 0mg cholesterol, 55.6mg sodium, 141.9mg potassium, 5.2g carbohydrates, <1g fiber, 2g sugar, 1g protein.

Source

Author: Patricia K. Rose

Source: August 2011

