

Grilled Tomato and Cucumber Bruschetta

This recipe from La Cucina Italiana magazine, Salsa Delicata ai Cetrioli e Pomodori is perfect to make when dining outdoors. You can grill the bread just before serving. Also try the salsa with grilled fish or meats. Use medium sized tomatoes. Larger tomatoes will take slightly longer on the grill. The bruschetta is best when served warm from the just grilled tomatoes.

1 pound	ripe tomatoes, halved at the core, core removed	1 Tablespoon	cilantro or basil
1 Tablespoon	olive oil	½ teaspoon	red wine vinegar
1 small loaf	french or italian bread, sliced into 3/4" slices	1 pinch	red pepper flakes
1	cucumber, peeled, seeded and sliced in 1" chunks	¼ teaspoon	sea salt
1	garlic clove	1 pinch	sugar
		1 pinch	fresh ground black pepper
		2 Tablespoons	olive oil

- 1 Prepare grill for medium-hot direct cooking. Brush cut side of halved tomatoes with olive oil. Grill, cut-side down 4 minutes or until grill marks appear. Turn over and continue to grill until the tomato begins to collapse or become tender, about 4 more minutes. At same time, grill or toast bread slices until golden brown.
- 2 Transfer tomatoes to a cutting board and quarter. Keep bread slices warm.
- 3 While tomatoes are grilling, peel and seed cucumber and process ingredients. In the bowl of a food processor, process garlic first. Then add cilantro or basil and chop. Add cucumber, tomatoes, red wine vinegar, red pepper flakes, salt, sugar, black pepper and pulse a few times, just until salsa is coarsely chopped. Adjust seasoning to taste.
- 4 Drizzle grilled slices of bread just before serving with olive oil. Top with the Grilled Tomato and Cucumber Salsa. Garnish with more cilantro or basil and serve.

Servings: 8

Preparation Time: 5 minutes

Cooking Time: 8 minutes

Total Time: 13 minutes

Nutrition Facts

Nutrition (per serving): 151 calories, 52 calories from fat, 5.9g total fat, 0mg cholesterol, 217.1mg sodium, 232.8mg potassium, 20.9g carbohydrates, 1.9g fiber, 3.1g sugar, 4.5g protein.

Source

Author: Adapted by Patricia K. Rose

Source: La Cucina Italiana, July/August 2013

