

Tomato Basil Bruschetta Bites

Makes About 30 Servings

Ingredients

12oz grape tomatoes, diced
4-6 garlic cloves, minced
4 Tbsp extra-virgin olive oil
1 cup fresh basil, sliced into ribbons
Salt, to taste
Pepper, to taste
1 cup balsamic vinegar, reduced
½ cup part-skim mozzarella cheese, shredded
2 whole wheat baguettes, cut into 1-inch rounds
(about 30 slices)



Directions

1. Combine diced tomatoes, minced garlic, olive oil and basil in a large bowl. Season with salt and pepper to taste.
2. Preheat oven to 350° F.
3. Slice bread into 1-inch rounds. Arrange in a single layer on a baking sheet. Toast in the oven for 5-7 minutes or until slightly golden brown (not completely toasted).
4. While bread is in the oven, place balsamic vinegar in small saucepan over medium-low heat. Heat until vinegar has reduced by half, stirring occasionally (this will take approximately 15 minutes for 1 cup of vinegar). Remove from heat.
5. Remove baguettes from oven. Top each round with a sprinkle of mozzarella cheese and a spoonful of the tomato mixture.
6. Return to oven and bake until cheese is melted, approximately 5-7 minutes.
7. Before serving, drizzle with warm balsamic reduction.

Nutrition Information per Serving (1 baguette bite): Calories: 90, Total Fat: 2.5gm, Saturated Fat: 0gm, Cholesterol: 0mg, Sodium: 125mg, Carbs: 13gm, Fiber: 1gm, Protein: 3gm