



PETITE TOMATO BRUSCHETTA

with Oregano

This recipe is perfect as a light appetizer or a quick snack.

The fresh tomatoes, oregano, and garlic make this bruschetta flavorful and aromatic.



Ingredients:

Instructions

- 12 slices of French baguette, about 1/2 inch thick
- 1 cup petite diced tomatoes (use a mix of red and yellow cherry tomatoes for color)
- 2 tablespoons fresh oregano leaves, finely chopped (or 1 teaspoon dried oregano)
- 2 tablespoons extra-virgin olive oil, plus extra for drizzling
- 1 clove garlic, minced
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon red pepper flakes (optional)
- 1 tablespoon balsamic vinegar
- 1/4 cup grated Parmesan cheese (optional garnish)
- Fresh basil leaves for garnish (optional)

1. Prepare the Bread:

- Preheat the oven to 375°F (190°C).
- Place baguette slices on a baking sheet.
- Lightly brush both sides of each slice with olive oil.
- Bake for 8–10 minutes, flipping halfway through, until golden and crisp. Set aside.

2. Make the tomato Mixture:

- In a medium bowl, combine the petite diced tomatoes, oregano, minced garlic, olive oil, salt, pepper, and red pepper flakes (if using).
- Add balsamic vinegar and stir to combine. Let the mixture sit for 5–10 minutes to allow the flavors to meld.

3. Assemble the Bruschetta:

- Spoon the tomato mixture onto each toasted baguette slice.
- Sprinkle with Parmesan cheese if desired.
- Garnish with fresh basil leaves for an added burst of flavor and color.

4. Serve:

- Arrange the bruschetta on a platter and drizzle lightly with olive oil before serving.

Nutritional Information (Per Serving, approximately 2 slices):

- Calories: 120
- Protein: 3g
- Fat: 7g
- Saturated Fat: 1.5g
- Carbohydrates: 12g
- Fiber: 1g
- Sugars: 2g
- Sodium: 150mg
- Vitamin C: 10% of the Daily Value (DV)
- Vitamin A: 8% of the DV
- Calcium: 4% of the DV
- Iron: 5% of the DV

This recipe combines freshness, crunch, and savory notes, making it an irresistible dish that's both nutritious and satisfying.

Enjoy!