

Featured Vegetable

Tomato

Tasty raw or cooked and contains Vitamin C and lots of heart healthy lycopene!



Tomato- Garlic Bruschetta

Ingredients	Directions
<ul style="list-style-type: none">● ¼ cup Olive Oil● 4 cups Tomatoes, diced● 3-4 cloves Garlic, minced● 3 TBS Basil, chopped● Sliced Bread for serving● Salt and Pepper to taste● Diced sweet pepper (optional)● Cheese (optional)	<ul style="list-style-type: none">● Wash hands, wash everything● Combine tomatoes, garlic, basil, peppers and olive oil in a bowl● Add salt, pepper and cheese to taste● Serve over sliced bread or crackers● Enjoy!