

Easy Tomato Bruschetta

Looking for a great way to use up all those fresh garden tomatoes? Bruschetta is an easy and healthy way to enjoy them!

Ingredients:

3 large tomatoes, small diced
1 large clove garlic, minced
1 tbsp. olive oil
8 leaves basil, thinly sliced
(optional: 1 tbsp. fresh chopped parsley)
Salt & Pepper to taste

Place all ingredients in medium stainless steel bowl and mix together. Chill in refrigerator for at least one hour. Serve with toasted garlic crostinis, or if you are watching carbs, enjoy over grilled chicken breast or serve with grilled shrimp.

Serves 6



This recipe is brought to you by Holly Potter, L.D., L.M.T.

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