Tomato Bruschetta

3 ripe tomatoes
Garlic, 2-5 cloves
1 small onion
2 tablespoons olive oil
1 tablespoon vinegar (balsamic, red wine or cider)
1 bunch fresh basil
¼ teaspoon salt
Black pepper, to taste

Peak season: July – October
DIRECTIONS

1. Chop tomatoes into ½” pieces.
2. Reserve one whole garlic clove and mince remaining cloves.
3. Dice onion and chop or tear basil.
4. Toss together all ingredients and serve atop grilled bread that has been rubbed with the remaining garlic clove while warm.

Make 12 servings

Per serving: 97 calories, 1gm fat, 3gm protein, 1 gm fiber