

Veggie Bruschetta

This versatile sauce is extraordinary spooned on toasted French bread slices as an appetizer, tossed with pasta as a side dish, or spread on a pizza crust in place of traditional sauce. Roasting the veggies helps bring out their fantastic flavor.

SERVINGS: 36 servings (1 slice each)

CARB GRAMS PER SERVING: 7

Ingredients

1½ pounds plum tomatoes, seeded and cut into 1-inch pieces

2 small red and/or yellow sweet peppers, seeded and cut into 1-inch pieces

½ of a medium red onion, cut into ½-inch wedges

3 cloves garlic, peeled

2 tablespoons olive oil

½ teaspoon kosher salt or sea salt

½ teaspoon freshly ground black pepper

2 tablespoons balsamic vinegar

2 teaspoons snipped fresh thyme

¼ cup snipped fresh basil

16 ounce loaf whole grain baguette

2 ounces Parmesan cheese

Directions

1. Preheat oven to 425° F. In a large bowl, combine tomatoes, sweet peppers, onion wedges, and garlic. Add oil, kosher salt, and black pepper; toss to coat. Transfer tomato mixture to a foil-lined shallow roasting pan.
2. Roast for 35 to 40 minutes or until vegetables are tender and slightly charred on the edges, stirring twice. Cool slightly on a wire rack.
3. Transfer tomato mixture to a food processor. Cover and pulse with several on-off turns until tomato mixture is chopped but still slightly chunky. Stir in balsamic vinegar and thyme. Stir in basil just before serving.
4. Heat oven to 375° F. Slice a 16-ounce whole grain baguette crosswise into ¼-inch-thick slices (about 36 slices). Lightly coat bread slices with nonstick cooking spray. Place on a baking sheet. Bake for 4 to 6 minutes or until golden brown and crisp, turning once. Cool on a wire rack.
5. Top each bread slice with 1 tablespoon of the vegetable mixture. Thinly shave 2 ounces Parmesan cheese. Place a piece or two of cheese atop veggie spread on each bread slice.



Nutrition Facts

Servings: 36 (1 slice)

Calories 52

Total Fat 2g

Monounsaturated Fat 2g

Cholesterol 1mg

Sodium 114mg

Carbohydrate 7g

Total Sugar 4g

Fiber 1g

Protein 3g

Vitamin C 74 (DV%)

Calcium 2 (DV%)

Iron 3 (DV%)

Diabetic Exchanges

Starch (d.e.) .5

Vegetables (d.e.) 1

Fat (d.e.) .5