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Bruschetta

This Italian inspired appetizer can be made with tomatoes as in this recipe, or with any topping you might like. Try sautéed mushrooms or tapenade and any of the toppings can be finished with cheese.

Ingredients:

- 1 baguette, thinly sliced
- 1 clove garlic, cut in half
- 2 Tblsp extra virgin olive oil
- 4 medium tomatoes – any variety or combination, small diced (1/4 inch)
- ½ small red onion, diced 1/4"
- Fresh basil leaves (about 10)
- 1 Tblsp balsamic vinegar

Preparation:

1. Toast bread until golden brown (350F oven or on grill).
2. Rub the cut side of the garlic on each slice of bread, then brush with olive oil.
3. Combine the tomato, onion, & vinegar in medium bowl.
4. Stack the basil leaves, roll the stack tightly into a cylinder and thinly slice the roll into thin strips (this is called a chiffonade).
5. Add the chiffonade to the tomato mixture.
6. Taste and add a pinch of salt if desired.
7. Top toast with the tomato mixture, serve and enjoy.

Nutrition Information per Serving:

Calories: 27g, Carbohydrate: 3g, Protein: 1g, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 3mg, Dietary Fiber: 1g

September

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 HOLIDAY

2 Traditional Pizza
Salad Bar
1% Milk
Fresh Fruit

3 Pasta Marinara -
Meat or Veggie
Salad Bar w/ **Bruschetta**
1% Milk
Fresh Fruit

4 Roast Chicken or
Tofu
Mash Potatoes and Fresh Veg
Salad Bar
1% Milk
Fresh Fruit

5 Tamales - Chicken or
Veggie
Rice and Beans
Salad Bar
1% Milk
Fresh Fruit

6

7

8 Deep Dish Pizza
Salad Bar
1% Milk
Fresh Fruit

9 Hamburgers or
Veggie Burgers on
WW Bun
Salad Bar
1% Milk
Fresh Fruit

10 Mac and Cheese
Fresh Veg
Salad Bar w/ **Bruschetta**
1% Milk
Fresh Fruit

11 BBQ Chicken
or Tofu
Barley Pilaf and Fresh Veg
Salad Bar
1% Milk
Fresh Fruit

12 Quesadilla -
Chicken or Veggie
Rice and Beans
Salad Bar
1% Milk
Fresh Fruit

13

14

15 Chef's Pizza
of the Day
Salad Bar
1% Milk
Fresh Fruit

16 Meatloaf
or Garden
Vegetable Loaf
Mash Potatoes, Fresh Veg
Salad Bar
1% Milk, Fresh Fruit

17 Chef's Choice
Pasta
Salad Bar w/ **Bruschetta**
1% Milk

18 Roast Turkey and
Gravy or Veg Patty
Mash Potatoes and Fresh Veg
Salad Bar
1% Milk
Fresh Fruit

19 Burritos - Chicken
or Veggie
Rice and Beans
Salad Bar
1% Milk
Fresh Fruit

20

21

22 Deep Dish Pizza
Salad Bar
1% Milk
Fresh Fruit

23 Tuna Melt on WW
Bagel
Salad Bar
1% Milk
Fresh Fruit

24 Garlic Chicken
Pasta or Garlic
Pasta with Cheese
Salad Bar w/ **Bruschetta**
1% Milk
Fresh Fruit

25 Oven Fried
Chicken and Gravy
or Tofu
Mash Potatoes and Fresh Veg
Salad Bar
1% Milk
Fresh Fruit

26 Nachos - Meat or
Veggie
Rice and Beans
Salad Bar
1% Milk
Fresh Fruit

27

28

29 Chef's Pizza
of the Day
Salad Bar
1% Milk
Fresh Fruit

30 Chicken Lo Mein
or Veggie Lo Mein
Stir-Fry Veg
Salad Bar
1% Milk