



April 7- Bruschetta

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=576177>

Recipe

Ingredients:

- 1 loaf French bread
- 4 plum tomatoes
- 2 Tablespoon dried parsley
- 1 clove garlic
- 1 Tablespoon onion, diced
- 2 Tablespoon olive oil
- 2-ounce feta cheese

Directions:

1. Preheat oven to 400°F.
2. Cut bread in half lengthwise, then the halves into 4 equal pieces each. Spray each piece lightly with olive oil. Toast bread for 5 minutes.
3. Dice tomatoes, onions and garlic. Add remaining ingredients and stir.
4. Remove bread and top with tomato mix. Return to oven for 5 minutes. Serve immediately.

Yield 8 servings

Nutrition Facts	
Serving Size 1 piece (130.66g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 5mg	2%
Sodium 360mg	15%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 8g	17%
Vitamin A 10%	Vitamin C 15%
Calcium 8%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.	