

# FRESH TOMATO BRUSCHETTA

Makes 1½ Cups

## Ingredients

6 ripe plum tomatoes, chopped (remove most of juice and seeds)	1 teaspoon balsamic vinegar
2 cloves garlic, minced	6 to 8 fresh basil leaves, thinly sliced or chopped
1 tablespoon extra virgin olive oil	1 teaspoon salt
	½ teaspoon ground black pepper

## Directions

1. In a large bowl, stir together the tomatoes, garlic, olive oil, vinegar, basil, salt and pepper.
2. Serve on small slices of French or Italian bread, toasted and brushed with olive oil.

## Nutrition Facts:

Serving size 1 tablespoon , Calories 8, Total Fat 1g, Sodium 98mg, Total Carbohydrate 1g, Dietary Fiber 0g, Protein 0g

## What to look for

- Skin that is not shriveled, bruised, or punctured. It should not wrinkle when you slide your thumb with slight pressure.
- Skin that is well colored for the type of tomato.
- Firm or slightly firm texture that yields slightly (depending on your preference) when applying slight pressure.
- Tomatoes that feel heavy for size.
- A pleasant tomato smell.



## How to store

- For best flavor, do not refrigerate. If refrigerated, eat within 3 days to avoid flavor loss.
- Store ripe tomatoes away from direct sunlight with stem end facing up to reduce softening and darkening. Use within 2 to 3 days for best quality.
- Store underripe tomatoes in a paper bag at the coolest room temperature possible.
- Chopped tomatoes should be covered and refrigerated, and used within 1 to 2 days.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and under an agreement with the State of Tennessee.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.