



## **Bruschetta**

### **Ingredients:**

- 4 tomatoes, diced
- 2 garlic cloves, finely chopped
- A drizzle of olive oil
- A small handful of fresh basil, finely chopped
- Ground black pepper to season
- 8 slices ciabatta bread or other bread

### **Method:**

1. Put the diced tomatoes in a bowl and add the garlic, oil and basil
2. Lightly toast the slices of bread then spoon some of the tomato mixture on top
3. Season with black pepper and serve immediately

### *Alternatives:*

- Add cubed feta cheese to the tomato mixture
- Add grated mozzarella and grill slightly until the cheese melts
- Use any other bread for a slightly different taste
- If you don't have fresh basil, use a couple of teaspoons of pesto

## **Did you know?**

Garlic is a good way to add flavour to your food. Garlic is nature's antibiotic. It is thought that eating garlic is good for the heart and the blood.

Large consumption of tomatoes can help improve skin texture and colour. Tomatoes are a good blood purifier and are a natural antiseptic therefore it can help protect against infection.

Vitamin K in tomatoes helps to prevent haemorrhages.

Tomatoes contain lycopene (the red pigment in tomato), this pigment is a powerful antioxidant that can also fight cancer cells.

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