



BRUSCHETTA- EASY AND QUICK !

Quick and easy to make and quite inexpensive
Try adding a little crushed garlic to the tomato mix for High School customers !

This recipe can be used to top English muffins instead of bread slices.

About 20 servings, depending on the size of the bread and the slices.

Ingredients

1 long French bread stick (or Vienna , Italian etc)

3 ripe tomatoes - diced

OR

1 or 2 cans of diced or crushed tomatoes from your friendly supermarket!

1 white onion - finely chopped

250 grams grated low fat cheddar cheese

1/2 teaspoonful of mixed dried Italian herbs, eg. oregano and basil etc. plus some extra

1 crushed garlic clove (if used)

Method

Combine diced tomatoes, garlic, if used, onion and about 1/2 teaspoon mixed Italian herbs in a bowl and allow to stand while preparing the rest.

If using cans of tomatoes just mix in herbs, onion and/or crushed garlic

Slice bread stick into about 20 slices, depending on the length of the loaf.

Lay slices of the bread or muffins on a board and spread with approximately 1 dessert-spoonful of the tomato mixture. Top with a small amount of grated cheese and lightly sprinkle with extra herbs.

Preheat oven to 150 degrees C or pie warmer on medium heat

Place prepared bread slices or muffins on foil lined oven trays or pie warmer shelves and warm through until the cheese is melted.

You will find that by the time the cheese has melted, the bottom of the bread will have toasted.

This is also a great way of using soft or leftover tomatoes.