

AUG 2010
Healthy Recipe of the Month
Old Stone Church Parish Nurse



Tomato Basil Open-Faced Sandwich

Preparation time: 30 minutes or less

Serves: 4 Cups of Fruits and Vegetables per Serving: 1/2

Crusty bread smothered in fresh basil and red-ripe tomatoes.
An excellent source of vitamin A, vitamin C and calcium, and a good source
of potassium and fiber.

Ingredients:

- 1 $\frac{1}{2}$ Tbsp. olive oil
- 1 clove garlic, crushed
- 1 Tbsp. finely minced fresh basil
- 8 $\frac{3}{4}$ -inch slices, crusty hearth style bread
- 16-24 fresh basil leaves, enough to cover bread slices
- 4 medium red ripe tomatoes, stem end removed
- Salt (optional)
- Fresh ground black pepper

Directions:

- 1--Gently heat oil and garlic in small skillet over MEDIUM heat.
- 2--Add minced basil and stir well.
- 3--Remove from heat, allow to cool.
- 4--Lightly toast slices of bread and brush lightly with flavored, cooled oil.
- 5--Place oil-side up and layer with fresh basil leaves, about 2 or 3 per toast.
- 6--Slice tomatoes and arrange slices over basil leaves.
- 7--Sprinkle with optional salt and a grinding of fresh black pepper.
- 8--Serve immediately.

Nutrition Information per serving:

Calories	182	carbohydrates:	26g	cholesterol:	0mg
Total fat:	6.8g	saturated fat:	1.1g	dietary fiber:	3g
Protein:	5g	sodium:	241mg	% of calories from fat:	33

Fruits & Veggies-More Matters(r) recipes appear courtesy of Produce for Better Health Foundation (PBH). This recipe meets Centers for Disease Control & Prevention's (CDC) strict nutrition guidelines as a healthy recipe. Find this recipe and others like it online at www.fruitsandveggiesmorematters.org.