

RECIPE OF THE WEEK

Bruschetta

This is a **CASUAL COOKING** recipe—meaning you don't have to **PRECISELY** measure everything and the recipe will turn out just fine! Super easy, and you will love the colors, the smell of the fresh herbs, and it is delicious!



Ingredients

- 4 medium sized tomatoes, cut and seeded
- 1 small can of chopped olives (optional)
- 1 small diced red onion (can use less if you like)
- 2 big handfuls of fresh basil, chopped
- 2 tablespoons fresh oregano chopped
- 2 tablespoons fresh parsley chopped
- 4 cloves of garlic minced
- 3 ounces of low fat feta cheese
- 2 tablespoons olive oil
- Sprinkle with black pepper

NUTRITION AND PREP TIPS

- *Fresh basil can be hard to find in the winter-time. You can look for frozen chopped basil, Trader Joes has a nice version of this.*
- *If you have to use dried oregano or parsley in the winter-time it will*

Directions

Chop everything and mix together. Enjoy with pita chips, crackers, on a potato, or on top of grilled chicken or fish.