



Tomato Basil Open-Faced Sandwich

Enjoy this crusty bread smothered in fresh basil and red-ripe tomatoes.

Ingredients:

- 1 and 1/2 TBS olive oil
- 1 clove garlic, crushed
- 1TBS finely minced fresh basil
- 8 three-quarter inch slices of 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

Preparation:

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

Note...“optional” ingredients are not included in dietary analysis.

Nutritional Information

Serves: 4

Calories: 182

Total Fat: 6.8g

Saturated Fat: 1.1g

% of Calories from Fat: 33%

Protein: 5g

Cholesterol: 0mg

Carbohydrates: 26g

Dietary Fiber: 3g

Sodium: 241mg