

FRESH TOMATO BRUSCHETTA

Serves 6-8



Ingredients:

- 4 medium tomatoes
- 1/4 red onion
- 2 tablespoons minced fresh basil
- 1 garlic clove, minced
- 2 tablespoons olive oil
- Pinch of salt and pepper
- Loaf of French bread, cut into slices
- Fresh basil leaves



Instructions:

1. Wash hands, vegetables, and basil 🥕
2. Chop the tomatoes and onions and place in a large bowl
3. Add minced basil, garlic, olive oil, salt and pepper to bowl with tomatoes and stir 🥕
4. Top each slice of French bread with the bruschetta and a basil leaf 🥕

🥕 = kid-friendly step



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WHY TOMATOES?

- 🍅 Tomatoes are high in the antioxidants alpha-lipoic acid and lycopene.
- 🍅 Alpha-lipoic acid helps your body convert sugar into energy! It is also good for your brain and nervous system.
- 🍅 Lycopene is great for your eye health, it prevents age-related macular degeneration and cataracts.
- 🍅 Tomatoes are high in vitamin C!
- 🍅 Vitamin C wards off various cancers and heart disease.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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