

Italian Tomato Bruschetta Recipe

A delicious appetizer featuring fresh tomatoes atop crunchy Italian bread.

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When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing basil and parsley and gently rubbing garlic, tomatoes, onion, and celery under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients

- 6 slices day-old, crusty, whole grain bread
- 1-2 garlic cloves, optional

Tomato Topping

- 4 medium to large firm, ripe tomatoes, chopped
- ½ red onion, chopped
- 1 celery rib, chopped
- 1½ teaspoons dried oregano
- 4-5 fresh basil leaves, chopped
- 1 Tablespoon fresh parsley leaves, chopped
- 3 Tablespoons olive oil
- Balsamic glaze for garnish, optional

Directions

1. Toast bread until golden brown using a pan, grill, or oven.
2. If desired, slice garlic cloves in half and rub on bread to season.

3. In a medium bowl, mix the chopped tomatoes, red onion, celery, oregano, basil, parsley, and olive oil.

4. Just before serving, top toasted bread with tomato mixture. Drizzle with balsamic glaze if desired.

Recipe adapted from: [Easy Italian Tomato Bruschetta](https://anitalianinmykitchen.com/tomato-bruschetta/)(<https://anitalianinmykitchen.com/tomato-bruschetta/>)

Nutrition Facts

6 servings per container

Serving size **1/6 of recipe**
(143g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1mg **6%**

Potassium 237mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

