

Mini Bruschetta

Traditionally an Italian antipasto, these flavours are a perfect combination for a little bite between meals. Combining delicious tomatoes, a little red onion, olive oil and herbs, this is a tasty and colourful snack.



Influence: Italian



Serves 10 children



25 minutes

INGREDIENTS

English muffin 5 muffins

Tomato, chopped 2 ½ C

Red onion, finely diced 1 C

Olive oil 2 T

Parsley, fresh 1 T

DIRECTIONS

1. Preheat oven to 180°C.
2. On a large flat tray, place halved English muffins. Brown in oven for a few minutes.
3. Chop tomato, onion and parsley and mix in a bowl with olive oil.
4. Place approximately ¼ cup of mixture onto each muffin.
5. Bake in oven for 5-10 minutes.
6. Serve muffin half.

Allergy Information

Contains: gluten, wheat and soy.

As well as containing wheat, some breads contain cow's milk protein and /or soy.

Childcare RDI Calculator:

Fat	<div></div>	80 %
Vegetables	<div></div>	90 %
Meat/Alt*		0 %
Cereals	<div></div>	90 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services