

# Mini Bruschetta

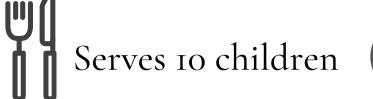
Traditionally an Italian antipasto, these flavours are a perfect combination for a little bite between meals. Combining delicious tomatoes, a little red onion, olive oil and herbs, this is a tasty and colourful snack.



Influence: Italian









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 <b>•</b>      | 80 %            |
|-------------------|-----------------|
| <b>Vegetables</b> | 90 %            |
| Meat/Alt*         | $\mathbf{O}$ %  |
| Cereals           | 90 %            |
| Dairy             | $\mathbf{O}$ %  |
| Fruit             | $\mathbf{O} \%$ |

<sup>\*</sup> meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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



