

Serves 12

## Ingredients

- 4 Roma tomatoes
- 2 tablespoons fresh basil – plus 12 extra leaves
- 1 red onion
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 cloves of garlic, cut in half
- 1 wholemeal baguette, sliced



## Method

1. Finely chop tomatoes, basil and red onion.
2. Combine in a small bowl with olive oil and vinegar.
3. Lightly toast baguette slices and rub with garlic.
4. Spoon salsa mixture onto toast and top with a basil leaf and cracked pepper to taste.

**Optional:** Mix up the topping flavours with olives, avocado, tomato, basil or spring onion. Add some tinned tuna or salmon for a protein boost

NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 86g		
	Per serve	Per 100g
Kilojoules (kJ)	345	400
Protein (g)	3.3	2.9
Total fat (g)	0.9	1.1
- Saturated fat (g)	0.2	0.2
Carbohydrates (g)	13.6	15.7
- Sugars (g)	2.7	3.1
Fibre (g)	2.8	3.2
Sodium (mg)	141	164

This recipe meets the **GREEN** criteria in the National Healthy Schools Canteen Guidelines