

FITNESS . NUTRITION . CATERING

# Fresh Herb & Tomato Crostini

This is a perfect light, fresh tasting appetizer to bring to your holiday parties! To cut the carbs, omit the crostini and use a thick slice of cucumber as a base.



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#### You'll need:

- 1/4 cup olive oil
- 2 garlic cloves, pressed
- 1 (8.5-oz.) French bread baguette, cut into 1/4-inch-thick slices
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt

- 1/8 teaspoon pepper
- 1 large tomato, finely chopped
- 3/4 cup finely chopped green onions
- 1/2 cup chopped fresh parsley
- 1 tablespoon chopped fresh mint
- 1/3 cup crumbled feta cheese

## To make it:

- 1. Preheat oven to 350°
- 2. Stir together olive oil and garlic; brush on 1 side of each bread slice
- 3. Place bread slices, garlic sides up, on a baking sheet
- 4. Bake 10 to 12 minutes or until lightly toasted
- 5. Whisk together lemon juice and next 3 ingredients in a large bowl
- 6. Add tomato and next 3 ingredients; gently toss to coat
- 7. Top each bread slice with tomato mixture (about 2 rounded teaspoonfuls each)
- 8. Sprinkle with cheese

# Enjoy!

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