

Wild BLUEBERRY TOMATO BRUSCHETTA

This wild bruschetta screams summer time. Perfect for any picnic, appetizer or afternoon pick-me-up!



Nutrition Facts

Serving Size (127g) Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 15%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	65g Less than 80g
Saturated Fat	20g Less than 25g
Cholesterol	300mg Less than 300mg
Sodium	2,400mg Less than 2,400mg
Total Carbohydrate	300g Less than 375g
Dietary Fiber	25g Less than 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 Minutes
Cook time: N/A
Serves: 4 People

INGREDIENTS:

- 2 cups Cocktail Tomatoes, washed and cubed
- 1 cup fresh wild blueberries
- 1 tbsp. olive oil
- 1 French bread baguette cut into ½ inch slices
- 1 garlic clove
- ½ cup red onion
- 1/4 cup fresh basil
- ½ tsp. red pepper flakes
- 2 tbsp. white balsamic vinegar
- ½ cup fresh parsley
- Sea salt & cracked pepper to taste

CHEF'S TIP:

To make this recipe into a bruschetta salads simple omit bread and add your favorite greens

DIRECTIONS:

- Preheat oven to 350 degrees F.
- Slice tomatoes into cubes.
- Peel garlic and red onion; finely chop. Reserve some basil leaves for garnishing and cut the remaining leaves into thin strips.
- Mix tomatoes, garlic, onion, vinegar, olive oil & basil. Season with salt and pepper. Mix every thing together and let stand at least 2 hours.
- Gently fold in Wild Blueberries.
- Place cut slices of bread on baking sheets and brush lightly with olive oil. Bake for 15 minutes until brown and crispy. Remove from oven and top with the mixture garnish with basil.



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