



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 119  |
| <b>PROTEIN</b>      | 4 G  |
| <b>CARBOHYDRATE</b> | 17 G |
| <b>TOTAL FAT</b>    | 4 G  |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 15 MINUTES |
| <b>COOK TIME:</b> | 5 MINUTES  |

|                      |  |
|----------------------|--|
| <b>YIELD:</b>        | 4 SERVINGS   |
| <b>SERVING SIZE:</b> | 3 BRUSCHETTA SLICES, EACH WITH 2 TBSP TOMATO MIXTURE |

$\frac{1}{2}$  WHOLE GRAIN BAGUETTE (FRENCH BREAD), CUT INTO 12 SLICES (OR SUBSTITUTE 3 SLICES WHOLE-WHEAT BREAD, EACH CUT INTO 4 SQUARES)

**1 C** FRESH TOMATOES, RINSED AND DICED

$\frac{1}{4}$  **C** JARRED ROASTED RED PEPPERS, DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

**6** KALAMATA OLIVES, RINSED AND SLICED (OR SUBSTITUTE ANY BLACK OLIVE)

$\frac{1}{2}$  **TBSP** OLIVE OIL

**2 TBSP** FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 2 TSP DRIED)


$\frac{1}{4}$  **TSP** GROUND BLACK PEPPER



# BRUSCHETTA

ROASTED RED PEPPERS ADD EXTRA ZING TO THIS CLASSIC CHOPPED TOMATO DISH

- 01 Lightly toast baguette slices.
- 02 Combine remaining ingredients, and toss well.
- 03 Top each bread slice with about 2 tablespoons of tomato mixture, and serve.

 Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

