

Plum Tomato



Plum tomatoes are very low in sodium, with no saturated fat or cholesterol. They are high in vitamins A, C, K, and potassium, manganese, and dietary fiber. They are also a good source of vitamin E, B vitamins, folate, magnesium, phosphorus, and copper. Plum tomatoes are fleshier and have less juice and seeds than slicer tomatoes.

Tomato and Basil Bruschetta

Serves 8

Ingredients

| | |
|--|------------------------------|
| 6 or 7 ripe plum tomatoes | 2 cloves garlic, minced |
| 1 tablespoon extra-virgin olive oil | 1 teaspoon balsamic vinegar |
| 6-8 fresh basil leaves, thinly chopped | kosher or sea salt, to taste |
| freshly ground black pepper, to taste | |
| 1 baguette French bread or similar Italian bread | |
| 1/4 cup olive oil | |

Directions

1. Cut out the stem of the tomatoes with a paring knife. Cut the tomatoes into halves or quarters and squeeze out most of the juices and seeds.
2. Preheat the oven to 450°F with a rack in the top slot of the oven. Finely chop the tomatoes and place them in a medium bowl with the minced garlic, extra-virgin olive oil, and the balsamic vinegar. Stir in the thinly sliced basil and add salt and freshly ground black pepper, adding more to taste.
3. Slice the baguette on the diagonal making half-inch thick slices. Brush one side of each slice with olive oil and place olive oil-side down on a baking sheet or roasting pan. Toast for 5 to 6 minutes until lightly browned around the edges.
4. Either serve the toasts plain with a bowl of the tomato bruschetta mixture on the side for people to top their own, or use a spoon to gently top each slice with some of the tomato mixture. If you top each slice individually, do it right before serving.