

Rustic Tomato Toast

4 Servings • 1 Serving = 1 Slice



INGREDIENTS

- 2 large heirloom or vine-ripened tomatoes
- Small handful of fresh herbs (thyme, parsley, and oregano)
- Sea salt and freshly ground black pepper, to taste
- 1 Tablespoon extra virgin olive oil
- 2 slices ¾" thick country-style whole grain bread or 4 slices of standard whole grain sandwich bread
- Olive oil spray, as needed
- ¼ cup softened cream cheese or ricotta cheese, drained

DIRECTIONS

1. Slice tomatoes about ¼" thick and lay on a large plate. Chop fresh herbs and sprinkle on top of tomato. Season with salt and black pepper. Drizzle with olive oil and set aside.
2. Toast bread. If grilling, prepare grill for medium-low heat. Spray bread on both sides with olive oil spray. Grill until lightly browned, about 2 minutes on each side.
3. Remove bread from the grill. Spread about 1 Tablespoon cheese on each slice and top with slices of tomato. Drizzle some of the remaining juice over the tomatoes and serve.

Nutrition Facts

4 servings per container
Serving size **1 slice**

Amount per serving
Calories 160

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 1mcg **6%**

Calcium 167mg **15%**

Iron 1mg **6%**

Potassium 186mg **4%**

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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