

## Bruschetta

*Submitted by Terri R.*

3 small cartons grape tomatoes

1 large onion

1 bunch cilantro (use top parts only discard lower stem portion)

2 jalapeno peppers (seeds removed)

4 cloves garlic

1 Tbsp lemon juice

½ Tsp sea salt

Finely chop the cilantro, peppers and garlic in a food processor. Coarsely chop 2 cartons tomatoes and the onion. Thinly slice the last carton of tomatoes.

Place all in a plastic or glass bowl (do not use a metal bowl). Add lemon juice and salt and stir gently. Top a slice of toasted bread or melba toast with 2 tablespoons of bruschetta, broil until heated. The mixture will keep covered in refrigerator for up to 1 week.

Each 2 tablepoonserving provides: 11 calories, 0 protein, 1 gram carbohydrate, 0 grams fat and 47 mg sodium.