

Quick Bites International: Italy

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Garlic Tomato Bruschetta

Prep Time: 20 minutes

Cooking Time: 10 minutes

Cooking Equipment:

Large bowl

Cheese grater

Tomato knife or serrated knife

Cutting board

Garlic press

Basting brush

Ingredients:

1/4 cup olive oil

3 Tbsp. fresh basil, chopped

3-4 garlic cloves

1/4 tsp. pepper

4 medium tomatoes, diced

2 Tbsp. Parmesan cheese, grated

1- French baguette loaf



Directions:

In a large bowl, combine oil, basil, garlic & pepper.

Add tomatoes & toss gently.

Sprinkle with cheese.

Refrigerate for 1 hour, optional.

Cut bread into 24 slices, about 1/2 Inch thick; brush with olive oil and broil until lightly browned.

Top with tomato mixture.

Serve immediately.

Serving per recipe: 12

Serving Size: 2 pieces

Calories: 156

Total Fat: 6 g

Saturated Fat: 1 g

Carbohydrate: 22 g

Protein: 4 g

Sodium: 275 mg

Fiber: 1 g

Gnocchi With White Beans

Prep Time: 15 minutes

Cooking Time: 20 minutes

Cooking Equipment:

Large skillet

Cutting board & knife

Garlic press

Colander

Ingredients:

1 Tbsp. olive oil

1 medium onion, chopped

2 garlic cloves, minced

1 pkg. (16 ounces) potato gnocchi

1 can (15 ounces) cannellini beans, rinsed & drained

1 can (15 ounces) Italian diced tomatoes, undrained

1 pkg. (6 ounces) fresh baby spinach

1/4 tsp. pepper

1/2 cup shredded part-skim mozzarella cheese

3 Tbsp. grated Parmesan cheese

Directions:

In a large skillet, heat oil over medium-high heat.

Add onions; cook & stir until tender.

Add garlic; cook 1 minute longer.

Add gnocchi & cook/stir for 5-6 minutes or until golden brown.

Stir in beans, tomatoes, spinach & pepper; heat through. Sprinkle with cheese; cover and remove from heat. Let stand 3-4 minutes or until cheese is melted.

Servings per recipe: 6

Serving Size: 1 cup

Calories: 307 calories

Total Fat: 6 g

Saturated Fat: 2 g

Carbohydrate: 50 g

Protein: 13 g

Sodium: 622 mg

Fiber: 3 g

