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