SHOPPING LIST

Bruschetta

- ◯ Beefsteak Tomato
- ◯ Extra-Virgin Olive Oil
- ◯ Balsamic Vinegar
- ◯ Garlic
- ◯ Kosher Salt
- ◯ French Bread
- ◯ Parmesan Cheese

First, check off the items you already have at home.

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Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Bruschetta

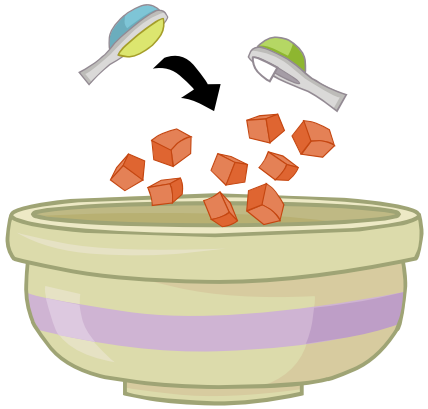
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED

- **1** large beefsteak tomato, cored and diced
- **1 tablespoon** extra-virgin olive oil
- **1 teaspoon** balsamic vinegar
- **1** garlic clove, minced
- **½ teaspoon** kosher salt
- **12** slices french bread, toasted x 12
- shaved parmesan cheese (optional)

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Combine the tomatoes, olive oil, vinegar, garlic and salt in a small bowl and toss to combine. Divide the tomato mixture between the slices of bread, and top with Parmesan cheese if desired. Serve immediately.

Nutrition Facts

Serving Size 3 slices (148g)
Servings Per Container

Amount Per Serving	
Calories 320	Calories from Fat 50
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 870mg	36%
Total Carbohydrate 56g	19%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 12g	

Vitamin A 8% • Vitamin C 10%
Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4