



# Salsa Snacks

## Ingredients

12 slices, small Italian or French bread, toasted  
3 large tomatoes, chopped  
1 tablespoon olive oil  
3 tablespoons chopped fresh basil  
1/4 teaspoon salt

## Directions

Combine tomatoes, oil, basil and salt in a covered bowl. If possible, let marinate for several hours. (Do not refrigerate; tomatoes will lose their flavor). Use a slotted spoon to layer on to bread. Serve immediately.

Servings: 6 - 2 slices each  
Calories/Serving: 90

Nutrition: One serving (2 slices) provides approximately:  
3g protein; 14g carbohydrate; 2g fiber;  
3g fat (.5g saturated); 0 mg cholesterol; 75 mcg folate;  
1 mg iron; 220 mg sodium.

