



Broccoli Bruschetta

Servings

7

Calories

120

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 ½ cup Mann's Broccoli Wokly®, blanched and chopped

5 Roma tomatoes, ripe

4 cloves garlic, crushed

2 tablespoons basil leaves,

fresh, chopped

4 teaspoons olive oil, extra virgin

2 ounces goat cheese, softened

1 loaf Italian bread



The Method

Chop Roma tomatoes into small, ¼ -inch pieces. Sprinkle with salt and pepper. Chop blanched Mann's Broccoli Wokly® into ¼ -inch pieces and add to tomatoes. Press two garlic cloves into small mixing bowl. Add chopped basil leaves, tomatoes and broccoli. Pour 2 teaspoons olive oil onto mixture and toss.

Pre-heat stovetop grill over high heat until smoking. Cut bread into thin slices and brush with olive oil on both sides; then grill both sides.

Remove bread from grill and rub the remaining garlic over the toasted bread. Spread goat cheese over toasted bread. Place bread on large serving platter. Spoon tomato/broccoli mixture over bread, serve and enjoy.

Nutrition Facts

Serving Size: 94g | Servings: 7

Amount Per Serving

Calories 120 | Calories from Fat 50 | Total Fat 6g (sat fat 2g trans 0g) | Cholesterol 5mg | Sodium 160mg | Total Carbohydrate 13g | Dietary Fiber 2g | Sugars 2g | Protein 5g | Vitamin A 20% | Vitamin C 35% | Calcium 6% | Iron 6%