

## **QUICK & EASY BRUSCHETTA & BRUSCHETTA SALAD**

### **SHOPPING LIST**

1. Olives 1 x pack
2. Tomatoes 2 x large, or 1 x punnet of cherry tomatoes
3. Basil 1 handful
4. Cucumber 1x large or 4 x baby cucumbers
5. Bread one loaf
6. Balsamic vinger
7. Olive oil
8. Salt
9. Pepper
10. Garlic 1 x clove

### **Optional:**

11. Avocado x 1
12. Vegan mayonnaise (optional)
13. Snow peas x 5
14. Sprouts x small handful
15. Lettuce mix half a packet

### **Bruschetta Toast**

#### **Method**

Put bread in toaster, let it toast.

In the mean time cut the olives in half and put into a medium sized bowl.  
Cut cucumber & tomatoes into chunks, rip basil and put them into the same bowl.  
Combine in a small bowl 1 TBS of basalt vinegar, 1/2 TBS of olive oil & salt and pepper to taste, pour over mixed veggies.

Mix all of the ingredients in the bowl.

Remember to keep an eye on the toast.  
Once bread is cooked peel the skin off the garlic and rub the clove of garlic onto the toast.

Spoon the veggie mix onto the bread (or the lettuce cups if not using bread). Enjoy!

Alternative recipe (same ingredients)

### **Bruschetta Salad**

#### **Method**

Add half a family sized bag of lettuce mix to a medium sized bowl.  
Chop all of the other ingredients into small pieces; place on top of the lettuce mix.  
Add avocado, vegan manase, sprouts, snowpeas and anything else you would like to add to the salad bowl.  
Mix the dressing ingredients and including chopped garlic and pour over the salad.  
Optional hot buttered toast sprinkled with salt on the side.

### **INGREDIENTS**

(Makes 4 Bruschetta)

1 handful of black olives  
2 large tomatoes or 3/4 packet of cherry tomatoes  
1 handful of basil  
½ a large cucumber  
Bread  
Garlic  
1 TBS of balsamic vinegar  
Splash of Olive oil  
Salt & pepper to taste

Note: If you wish you can leave out the bread and use lettuce leaves instead.  
Or you can combine all of the ingredients into a salad (minus the bread).

Enjoy the feast.



*Bruschetta Salad*



*Bruschetta toast*