



From the kitchen of:
Blue Zones Project®

Simple Greek Bruschetta

Ingredients:

2 cups cherry tomatoes, quartered
1/4 cup Kalamata olives, pitted +
chopped (optional)
1/4 cup fresh basil, chopped
1 tbsp dried oregano (if fresh, chop)
1 tbsp balsamic vinegar
1 tbsp olive oil
Pinch each sea salt + black pepper

Bread Ingredients

1 white or wheat baguette, sliced
into 3/4-inch slices (Ikarian-Style
Sourdough would work for this
recipe, as well)
1 tbsp olive oil, grape seed oil, or
avocado oil
1 large clove garlic, halved

Yields: 6 Servings



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Directions:

1. Add cherry tomatoes, olives (optional), basil, oregano, balsamic vinegar, olive oil, salt and pepper to mixing bowl. Toss to coat. Taste and adjust seasonings as needed, adding more salt, basil, or balsamic vinegar as desired.
2. Serve with toasted baguette slices. Store leftovers separate from bread, covered in the refrigerator, for up to 2 days, though best when fresh.

Bread Directions

1. Preheat oven to 425 degrees F.
2. Arrange baguette slices on a baking sheet and brush with olive oil. Take garlic clove and rub on both sides of slices for extra flavor. Arrange in single layer on baking sheet.
3. Bake baguette until just slightly golden brown—about 5 minutes. Remove and set aside.



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