

## Tomato and Onion Bruschetta



**Season:** All seasons

**Serves:** 30 tastes in the classroom or 6 at home

4 Tomatoes  
1 handful of fresh Basil  
1 Onion  
1 tablespoon Balsamic Vinegar  
1 teaspoon Garlic  
Pink Himalyan salt  
Black pepper  
Bread stick  
(Gluten Free Bread)

*Preheat oven to 180°C*

### Step 1:

Using a sharp knife, dice the tomatoes as small as you can. Place the chopped tomatoes into a mixing bowl.



### Step 4:

Using a sharp knife, chop 1 handful of fresh basil leaves.



### Step 2:

Finely dice the onion. Add onion to bowl with tomatoes.



### Step 5:

Add in the balsamic vinegar, pink Himalayan salt, and black pepper and mix the ingredients thoroughly.



### Step 3:

Add garlic to mixing bowl with tomatoes and onion.

Mix well.



### Step 6:

Slice the breadstick into 1cm thick pieces. Toast in oven for 5mins at 180°C. Spread 1 tablespoon of mixture on each piece to serve.

