

Tuscan Garlic Tomato Bread



Photo By: Mark Shapiro

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Fett'unta and bruschetta are much the same, each based on good country-style bread, sliced and grilled or toasted. Here we find the essence of rustic Italian eating — something that could only have been conceived in a country with such an abiding love for olive oil and tomatoes. If you can toast the bread over a wood-burning fire, so much the better. And don't even think of making this Tuscan specialty with anything other than the ripest, heftiest plum tomatoes. Try to use an olive oil with a green, peppery quality. This recipe is easily doubled or tripled.

Yield

Serves 6

Ingredients

- 3 large ripe plum tomatoes
- 6 thick slices of rustic country style bread
- 3 large cloves garlic, peeled and cut in half
- ¼ cup (50 mL) extra virgin olive oil
- Salt and freshly ground black pepper to taste

Directions

1. Cut the tomatoes in half and squeeze to remove seeds and juice. 2. Toast or grill the bread until lightly browned. Rub one side of each bread slice with a half clove of garlic. Then roughly rub a deseeded tomato half over the same side of the bread until the bread begins to take on the color and the essence of the tomato. Repeat procedure with remaining bread, garlic and tomato. 3. Place bread on a serving platter. Drizzle with the olive oil and season each slice with salt and pepper.

Nutritional Information

Nutritional information is based on 1/8 teaspoon added salt per serving.

- **Calories:** 365kcal (18%)
- **Calcium:** 48mg (5%)
- **Vitamin C:** 5mg (8%)
- **Vitamin A:** 13mcg RAE (0%)

- **Potassium:** 203mg
- **Magnesium:** 31mg
- **Protein:** 12g
- **Sugar:** 3g
- **Fiber:** 3g
- **Total Carbohydrate:** 56g
- **Cholesterol:** 0mg (0%)
- **Sodium:** 917mg (38%)
- **Saturated Fat:** 2g (9%)
- **Fat:** 11g (17%)
- **Iron:** 4mg (20%)