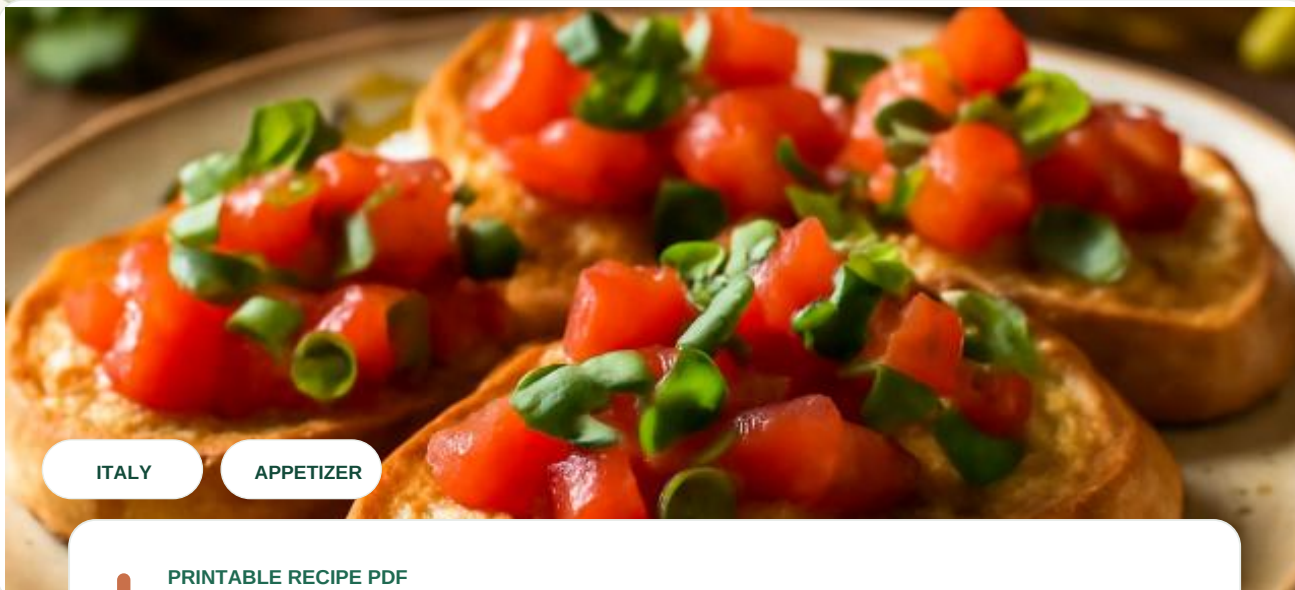




ITALY

APPETIZER

PRINTABLE RECIPE PDF

Italian Bruschetta al Pomodoro

Bruschetta al Pomodoro is a classic Italian appetizer that showcases the freshness of ripe tomatoes, a staple in Mediterranean cuisine. Originating from Tuscany,

PREP

10 min

COOK

5 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **4 slices** ciabatta bread - or any rustic bread
- **2 medium** ripe tomatoes - preferably San Marzano or heirloom
- **1 clove** garlic - peeled and halved
- **2 tablespoons** extra virgin olive oil - high-quality
- **4 leaves** fresh basil - torn into pieces
- **to taste pinch** sea salt - preferably flaky salt
- **to taste pinch** freshly ground black pepper - optional

WHY THIS WORKS

About this recipe

A printable Italian Bruschetta al Pomodoro recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Bruschetta al Pomodoro is a classic Italian appetizer that showcases the freshness of ripe tomatoes, a staple in Mediterranean cuisine. Originating from Tuscany, this dish highlights the importance of simple, high-quality

ORIGIN & TRADITION

Mediterranean context

Bruschetta al Pomodoro is a classic Italian appetizer that showcases the freshness of ripe tomatoes, a staple in Mediterranean cuisine. Originating from Tuscany, this dish highlights the importance of simple, high-quality ingredients and is traditionally served at both casual gatherings and elegant dinners.

METHOD

Step-by-step instructions

1

Preheat your oven to 400°F (200°C).

2

Place the ciabatta slices on a baking sheet and drizzle with 1 tablespoon of olive oil, then toast in the oven for about 5 minutes, or until golden and crispy.

3

While the bread toasts, chop the ripe tomatoes into small cubes and place them in a bowl. Add the torn basil leaves, the remaining olive oil, and season with sea salt and freshly ground black pepper to taste. Mix gently.

4

Once the bread is toasted, rub the cut side of the garlic clove onto each slice to infuse it with flavor.

5

Spoon the tomato mixture generously onto each slice of toasted bread and serve immediately.

CHEF'S TIP

For the best flavor, let the tomato mixture sit for about 5 minutes after mixing to allow the flavors to meld before serving.

NUTRITION PER SERVING (EST.)

Calories	250 kcal	Fat	12 g
Protein	6 g	Fiber	3 g
Carbohydrates	30 g	Sodium	150 mg

SERVING SUGGESTION

Serve warm as an appetizer with a glass of chilled white wine or sparkling water for a refreshing accompaniment.

PRINTABLE MEDITERRANEAN RECIPE PDF**medtableai.com**