



Caprese Bruschetta

Caprese refers to the use of mozzarella, tomatoes, and basil in this recipe. Bruschetta refers to the use of toasted bread as the base for the toppings. It sounds fancy, but it's really quite easy to put together.

Ages: 3–5 years

Makes: 6 servings

Prep time: 20 minutes

Cook time: 8 minutes

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INGREDIENTS

3 cups tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)

½ tsp garlic, fresh, minced

2 Tbsp basil, fresh, chopped (gently wash basil under running water before cutting)

1 Tbsp balsamic vinegar

1 tsp olive oil, extra virgin

¼ tsp salt, table

¼ cup mozzarella, finely shredded, low-moisture, part-skim, reduced-fat

3 sandwich thins, whole-wheat (at least 56 g or 2 oz each)

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. In a medium bowl, combine tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes).
4. Separate sandwich thins and place both halves on a baking sheet. Bake for about 6–8 minutes or until toasted.
5. Place ½ cup tomato mixture on each toasted half.
6. Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.

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NUTRITION INFORMATION

1 piece Caprese Bruschetta

Nutrients	Amount
Calories	115
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	219 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	5 g
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Vitamin D	N/A
Calcium	22 mg
Iron	1 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

½ cup vegetable
 1 oz eq grains 
 ¼ oz eq meat alternate

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CHEF TIPS

- **Contains milk (mozzarella cheese) and wheat (sandwich thins).**
Sandwich thins can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (sandwich thins) and may be included in ingredient statements as “spice” or “flavoring.”
- If not serving immediately, store sandwich thins and tomato mixture separately. Keep tomato mixture cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.