




# 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  
**PREP TIME:** 2 hours  
**COOK TIME:** 8 minutes

**CACFP CREDITING INFORMATION**

½ cup vegetable  
1 oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

| INGREDIENTS  | 25 SERVINGS    |              | 50 SERVINGS    |                      | DIRECTIONS   |
|--|----------------|--------------|----------------|----------------------|--|
|  | Weight         | Measure      | Weight         | Measure              |  |
|  |                |              |                |                      | <b>1</b> Wash hands with soap and water for at least 20 seconds.   |
|  |                |              |                |                      | <b>2</b> Preheat oven to 350 °F.   |
| Tomatoes, fresh, ¼" diced* (gently wash tomatoes under running water before cutting) | 5 lb 12 oz     | 3 qt + ½ cup | 11 lb 8 oz     | 1 gal + 2 qt + 1 cup | <b>3</b> In a large bowl, stir together tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes). |
| Garlic, fresh, minced  | about 2 cloves | 2 tsp        | about 4 cloves | 1 Tbsp + 1 tsp       |  |

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|--|------------------------|---------|-------------------------|---------|---|
|  | Weight                 | Measure | Weight                  | Measure |   |
| Basil, fresh, chopped (gently wash basil under running water before cutting) | 1 oz                   | ½ cup   | 2 oz                    | 1 cup   |   |
| Balsamic vinegar   |                        | ¼ cup   |                         | ½ cup   |   |
| Olive oil, extra virgin  |                        | 2 Tbsp  |                         | ¼ cup   |   |
| Salt, table  |                        | 1 tsp   |                         | 2 tsp   |   |
| Mozzarella, finely shredded, low-moisture, part-skim, reduced-fat            | 4 oz                   | 1 cup   | 8 oz                    | 2 cups  |   |
| Sandwich thins, whole-wheat (at least 56 g or 2 oz each)                     | 25 oz (at least 700 g) | 12½     | 50 oz (at least 1400 g) | 25      | <b>4</b> Separate sandwich thins and place both halves on a sheet pan (18" x 26" x 1"). Bake for about 6–8 minutes or until toasted.<br><b>For 25 servings</b> , use 1 pan.<br><b>For 50 servings</b> , use 2 pans. |
|  |                        |         |                         |         | <b>5</b> Place ½ cup (#8 scoop) tomato mixture on each toasted half.  |
|  |                        |         |                         |         | <b>6</b> Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.   |
|  |                        |         |                         |         |   |

\*See Marketing Guide



**NUTRITION INFORMATION**

1 piece Caprese Bruschetta


| <b>NUTRIENTS</b>          | <b>AMOUNT</b> |
|---------------------------|---------------|
| <b>Calories</b>           | <b>115</b>    |
| <hr/>                     |               |
| <b>Total Fat</b>          | <b>2 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 2 mg          |
| <b>Sodium</b>             | <b>219 mg</b> |
| <b>Total Carbohydrate</b> | <b>20 g</b>   |
| Dietary Fiber             | 2 g           |
| Total Sugars              | 5 g           |
| Includes Added Sugars     | N/A           |
| <b>Protein</b>            | <b>5 g</b>    |
| <hr/>                     |               |
| Vitamin D                 | N/A           |
| Calcium                   | 22 mg         |
| Iron                      | 1 mg          |
| Potassium                 | N/A           |

N/A = Data not available

**\*MARKETING GUIDE**

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Tomatoes, fresh       | 6 lb 13 oz  | 13 lb 9 oz  |

**NOTES**

- **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.

**WEIGHT/YIELDS**

| 25 Servings           | 50 Servings           |
|-----------------------|-----------------------|
| 7 lb 12 oz            | 15 lb 9 oz            |
| 25 Caprese Bruschetta | 50 Caprese Bruschetta |