

## Eat Well Recipe

### Fresh Bruschetta

#### Ingredients:

- 3 ½ TB extra virgin olive oil
- 1 lb. ripe roma tomatoes
- 1 tbsp dried basil
- 2 tsp garlic salt
- ½ tsp. salt
- Pepper to taste

In a bowl, mix olive oil, garlic salt, basil, salt and pepper together. Chop tomatoes and stir in. Serve on Baguettes or pita chips.

This recipe is provided by SHS Wellness Programs.  
All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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