

HEIRLOOM TOMATO BRUSCHETTA



Ingredients

- 2 lbs. of small Heirloom tomatoes, mixed colors (if possible)
- 1 2/3 cup of olive oil
- 1/2 of a small diced shallot
- 2 Tbsp. balsamic vinegar
- 1 cup of fresh basil leaves - cut chiffonade style
- 1/2 red onion, cut into thin slices
- 1 baguette, cut horizontally
- 2 garlic cloves

Directions

1. Cut bread horizontally.
2. Dice garlic cloves and saute in 1 cup olive oil.
3. Brush the bread on both sides with the garlic and oil mixture and bake at 350 degrees for 4-5 minutes on each side. Watch closely so you don't burn the bread.
4. Slice the tomatoes in half.
5. Dice the shallots.
6. Combine the tomatoes with the remaining 2/3 cup olive oil, vinegar, basil, and shallots.
7. Let the mixture marinate for at least several hours for incorporation of the flavors.
8. Before serving put slices of the red onion on top.
9. Serve with the baguette bread and enjoy!



THANK YOU FOR ATTENDING A VOLUNTEER AT THE KITCHEN

Second Harvest is in one of the most agriculturally rich regions in the country. Bountiful crops of apples, wheat, potatoes, sweet corn, beans, lentils and much more, as well as dairies and ranches surround us. The generosity of local producers means we're able to share much of this food with our hungry neighbors.

Second Harvest distributes more than 2 million pounds of food each month for hungry families in the Inland Northwest. About 80 percent of this food is fresh produce or other perishable products.

But providing groceries isn't always enough when people don't know how to prepare and use the food they receive. Many times over the years, we've heard people we serve say they aren't sure how to cook things like fresh fruits and vegetables. Meanwhile, rates of obesity and diabetes are on the rise, especially for low-income families.

In The Kitchen, we're giving people the tools to take their health into their own hands. We're taking our mission to fight hunger a step further and investing in long-term health through nutrition education and hands-on cooking lessons.

The Kitchen empowers families to reduce or eliminate the foods that contribute to obesity and nutrition-related health conditions. Children and adults learn to make healthy yet economical food choices, helping them move out of poverty.

For more information visit www.secondharvestkitchen.org

