

Thrive Across America**healthwörks**
by KAISER PERMANENTE.

Garlic-Tomato Toasts



Pan con tomate, a classic Catalan tapa, is delicious alongside most soups or stews. Or serve with thinly sliced prosciutto and Manchego cheese for a tasty appetizer.

Makes 2 servings**Active Time:** 10 minutes**Total Time:** 10 minutes**Course:** Dinner / Appetizer**Ingredients**

- 2 slices of whole-wheat country bread
- 1 small clove of garlic, cut in half
- 1/2 teaspoon of extra-virgin olive oil
- 1 small plum tomato, cut in half
- Kosher salt & coarsely ground pepper, to taste

Directions

1. Grill or toast bread. Rub one side of the toasted bread with the cut-side of a garlic clove half and drizzle with extra-virgin olive oil. Rub with the cut-side of a tomato half. Sprinkle with kosher salt and coarsely ground pepper.

Nutrition Information

Per serving: 91 calories; 12 g carbohydrates; 3 g fat (1 g sat, 2 g mono); 4 g protein; 0 mg cholesterol; 2 g dietary fiber; 81 mg potassium; 168 mg sodium. Nutrition bonus:

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