



Recipes

BRUSCHETTA IN A BOWL

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| 2 1/2 cups (625 mL) diced seeded Roma tomatoes | 2 tbsp (25 mL) chopped fresh parsley |
| 3/4 tsp (3 mL) salt | 1 tsp (5 mL) sugar |
| 1/2 cup (125 mL) chopped pitted kalamata olives | 1/2 tsp (2 mL) basil, crumbled |
| 1/4 cup (50 mL) drained small capers | 1/2 tsp (2 mL) freshly ground pepper |
| 2 tbsp (25 mL) balsamic vinegar | 3 cloves garlic, crushed |
| 2 tbsp (25 mL) olive oil | |

In a colander or sieve, combine tomatoes with salt. Place over a bowl and let drain for 1 hour. Combine tomatoes and remaining ingredients (olives through garlic) in a bowl. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 4 hours. Serve with baguette slices. Makes about 3 cups (750 mL).

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Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

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