

Bruschetta cups



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 25 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Wholemeal bread, slices	20	50	100
Large tomatoes, chopped	4	10	20
Red onion, finely chopped	1 ½	4	8
Parsley, finely chopped	10 sprigs	25 sprigs	50 sprigs
Reduced-fat cheese, grated	½ cup	1 cup	2 cups
Avocado, chopped	1 ½ medium	4 medium	8 medium

METHOD

1. Preheat oven to 180°C
2. Cut crust off two opposite sides of bread slices
3. Lightly spray muffin pans and place bread in pan so the two non-crust sides join
4. Bake in oven until lightly brown and toasted
5. Combine balance of ingredients and place spoonfuls into cooked bread cases
6. Serve cold or slightly warm with a sprinkle of grated reduced-fat cheese.