

Bruschetta

Summer is all about fresh fruits and vegetables from the garden! Your 5th grader can take advantage of the bountiful tomatoes during summer to chop her way into this tasty snack for friends and family.

What You Need:

- 2 large fresh tomatoes
- 1 garlic clove
- 1 tablespoon fresh chopped basil
- 1 tablespoon fresh chopped oregano
- ¼ teaspoon salt
- Dash of pepper
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- Small mixing bowl
- Spatula
- Knife
- Baguette
- Aluminum foil
- Sheet pan



What You Do:

1. Start by offering your child a knife and observing while she cuts the tomatoes in half and then into small cubes. Learning how to dice items with a knife is an important cooking skill, which also hones hand-eye coordination. Encourage your child to curl her fingers under while using a knife to help protect her hands!
2. Now she can place her diced tomato in the small mixing bowl and finely dice the clove of garlic. Your child can add the garlic to the tomatoes, too.
3. Invite your child to chop and measure the fresh oregano and basil and also add it to the tomato mixture.
4. Offer your child the measuring spoons for measuring and adding the rest of the ingredients for the bruschetta. She can stir everything together using the spatula and then set aside.
5. Now your child can slice the baguette into slices about ½ inch thick and place them on a tinfoil topped sheet pan.
6. Help your child turn on the broiler and position the sliced baguette under the heat until the bread is lightly browned, and then turn, toasting the other side. Always watch carefully when using the broiler!
7. Remove the toasted baguette and top with the tomato mixture, creating tasty and healthy bruschetta the whole family will love!