



Contra  
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# Farmers' Markets!



## Skillet Bruschetta

### INGREDIENTS

1 vine-ripened tomato, seeded and chopped

1 clove of garlic

A drizzle of good olive oil

fresh ground pepper

### DIRECTIONS

Seed and chop the tomatoes, place in skillet.

Drizzle with olive oil, pan fry till heated through.

Season tomato mixture with salt and pepper shortly before serving

Spoon the mixture onto the bread or use as a dip for pita chips!

### Prep Time

**5**  
minutes

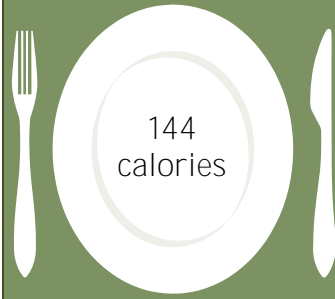
### Cook Time

**15**  
minutes

### Yield

**2**  
servings

### NUTRITION REPORT CARD (amount per serving)



5 grams of carbohydrates

14 grams of fat

1 grams of protein

2 grams of fiber

25% DV of Vitamin A

32% DV of Vitamin C

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