

Colby Jack and Vegetable Bruschetta

This appetizer is delicious, nutritious and a snap to prepare.



INGREDIENTS

(Serves 20)

Bacon, thin sliced	150g
Olive oil	100 ml, divided
Onion, julienned	240g
Red bell pepper, julienned	110g
Green bell pepper, julienned	110g
Broccoli, chopped	250g
Tomato	2 (115g each)
French baguette	1 (250g)
U.S. Colby Jack*, shredded	250g
Black pepper	to taste

*Note: May substitute with U.S. cheeses such as Monterey Jack, Pepper Jack, Cheddar, or Colby.

NUTRITIONAL CONTENT

Per 100g

Calories	197kcal
Total Fat	12g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	17mg
Total Carbohydrates	15g
Dietary Fiber	2g
Sugars	2g
Protein	8g
Calcium	126mg
Magnesium	9mg
Phosphorus	38mg
Potassium	150mg
Sodium	304mg
Iron	1mg
Vitamin A	631IU
Vitamin C	31mg

PREPARATION

1. **Cook bacon, crumble.**
2. **Sauté julienned peppers, onions and chopped broccoli lightly in olive oil.**
3. **Slice tomatoes into thin (.5cm) crescents, reserve for cold garnish.**
4. **Slice French baguette into 1.5 cm bias-cut coins (about 40 slices).**
5. **Brush each slice with remaining olive oil.**
6. **Bake in pre-heated oven at 230°C (440°F) for 3-5 minutes.**
7. **Remove baguette slices from the oven, top with cooked vegetables and bacon (divided evenly).**
8. **Sprinkle shredded U.S. Colby Jack over vegetables and bacon.**
9. **Return to oven, bake at 230°C (440°F) until cheese melts, place tomato garnish on each, sprinkle black pepper over top and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.