

JENNI MARIE'S TEST KITCHEN

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Low FODMAP Bruschetta

Makes 16-18 Pieces

Equipment Needed:

- [Mixing Bowl](#)
- [Kitchen Scale](#)
- [Measuring Cups & Spoons](#)
- [Cutting Board](#) & [Chef's Knife](#)
- [Small Baking Sheet](#)

Directions:

1). Gather all equipment & ingredients. Wash & dry tomatoes & basil. Slice, lightly butter and toast baguette in in a skillet until lightly golden on both sides. [De-seed & dice tomatoes](#). Dice fresh mozzarella into small cubes, and thinly slice fresh basil. Combine diced tomato, basil, EVOO, salt, pepper, balsamic glaze, and mozzarella (if using) into a small mixing bowl and stir gently to combine. Serve with toasted baguette slices.

- **1 [French Baguette](#), Thin Sliced (Sub w/ GF bread)**
- **1 C. (200g.) Diced Tomatoes (I like to use cherry tomatoes)**
- **3 Fresh Basil Leaves, thinly sliced**
- **1 T. (14g.) [Extra Virgin Olive Oil](#)**
- **1-2 t. [Balsamic Glaze](#) (more or less, to taste)**
- **1 T. Low FODMAP Garlic Replacer (sub w/ 1 clove minced garlic)**
- **Kosher Salt, to taste (about 1/4 t.)**
- **Black Pepper, to taste (about 1/8 t.)**
- **1/2 C. (100g.) Fresh Mozzarella Diced into Small Cubes (optional)**

***Other Variations: You can sub fresh mozzarella with 1/4 C. feta cheese for a sharper flavor profile.**

****I like to use [garlic butter](#) when toasting my baguette slices for added garlic flavor.**

