

# Herbal Legacy Recipes

## Chunky Bruschetta

Contributed by Herbal Legacy subscriber Regina

### INGREDIENTS:

- 1 organic heirloom tomato diced
- 1 pint organic cherry tomatoes sliced in half
- 1 organic cucumber diced
- 2 garlic cloves minced
- 1 handful of fresh basil chopped
- 1 handful fresh Italian parsley chopped
- 1/4 cup red onion minced
- 1/2 tsp crushed red pepper



Drizzle balsamic vinegar and plenty of extra virgin olive oil over veggies. Stir all the ingredients together and enjoy over gluten-free bread.

About 3-4 servings

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2010 Herbal Legacy