Dinner

Roasted Pepper and Sundried Tomato Crostini

Rounds of multigrain/seeded half-baguette are baked until crisp, then loaded with a finely chopped roast of red pepper, red onion and carrot, brought together with dried oregano, balsamic vinegar and sundried tomatoes. Finished with fresh basil, this makes an easy bite to share.



Vegetarian | Nut free | Low fat

225 min	41	5.4 g	1.4 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 multigrain/seeded half-baguette (approx. 200g)
- [ ] 2 tsp olive oil
- [ ] 1 red pepper, quartered
- [ ] 1 red onion, cut into 8 wedges
- [ ] 1 carrot, cut into sticks
- [ ] 1 tsp dried oregano
- [ ] dash balsamic vinegar
- [ ] 4 sundried tomatoes, finely chopped
- [ ] fresh basil, to garnish

Nutrition Facts

Per serving

Calories	**41**
Total fat	1.3 g
Saturated fat	0.2 g
Sodium	Not listed
Total carbs	5.4 g
Fiber	1.1 g
Total sugars	1.4 g
Protein	1.3 g

Method

- [ ] 1 Set the oven to 200°C, gas 6. Cut the multigrain/seeded half-baguette into rounds about 1cm thick; you should end up with roughly 20.
- [ ] 2 Rub 1 tsp of the olive oil over a baking sheet with kitchen paper, then lay the bread rounds out on top. Bake them for 7-8 minutes, flip each round over and shift around any that are browning unevenly, then give them a further 5 minutes. They are done once golden brown and crisp.
- [ ] 3 While the bread bakes, tip the red pepper, red onion and carrot into a bowl, add the remaining 1 tsp of olive oil and toss everything together. Spread the vegetables out on a baking sheet and roast for 15-20 minutes.
- [ ] 4 Leave the roasted vegetables to cool, then chop them finely and stir them in a bowl with the dried oregano, the balsamic vinegar and the chopped sundried tomatoes.
- [ ] 5 Pile a spoonful of the topping onto each round of toast and scatter fresh basil over the top; Greek basil was used here, but parsley, chives or coriander would work just as well. Served this way, the crostini will keep for 2-3 hours before the toast begins to soften.

diabic.com/recipes

Scan to open this recipe and its shopping list