



**LOVE
FOOD**
hatewaste
CANADA

**BRUISED TOMATOES?
USE 'EM UP.**

TOMATO BRUISED-CHETTA

Don't abandon tomatoes just because of some bruises or wrinkles. Use them to make sauces, soups, or this "bruised-chetta" recipe.

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zerowASTE
NATIONAL ZERO WASTE COUNCIL
An Initiative of Metro Vancouver

TOMATO BRUISED-CHETTA

**makes 20
appetizers**

Prep 10 minutes

Cook 40 minutes

Suggested Ingredients

2 cups over ripe or bruised tomatoes, chopped (4 tomatoes on the vine or 2 beefsteak tomatoes)
½ cup red onion, diced
¼ cup green bell pepper, chopped
2 tsp fresh jalapeno pepper, chopped
1 clove garlic, minced finely
2 tbsp fresh cilantro, minced
1 tbsp lime juice
¼ tsp ground cumin
¼ tsp kosher salt
¼ tsp ground black pepper

- 1 Stir all ingredients together in a bowl.
- 2 For optimal flavour, leave in the fridge for 30 minutes before serving.

To Serve:

Slice up your stale baguette and toast in the oven. Top it off with the bruschetta, and garnish with cilantro.

Find more tips at: lovefoodhatewaste.ca

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