



LOVE  
FOOD  
hate waste



Did you know we throw out  
**1,300,000** tomatoes  
every day in Canada?



**TIP**

Over ripe tomatoes freeze well whole and are great for soup, stews or sauces. When time to use, run under hot water and let the skin slip off. To use them up quickly, try this **Tomato Bruised-chetta**.

More tips at: [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)

# Tomato Bruised-chetta

Pair it with slices of day-old baguette that's gone a little too crusty.



**SERVES: 20**

**PREP TIME: 20 min**

## 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 teaspoons jalapeno pepper, chopped

1 clove garlic, minced finely

2 tablespoons fresh cilantro, minced

1 tablespoon lime juice

¼ teaspoon ground cumin

¼ teaspoon kosher salt

¼ teaspoon ground black pepper

- 1 Stir everything in a bowl.
- 2 For optimal flavour, leave in the fridge for 30 minutes before serving.
- 3 Slice up your stale baguette and toast in the oven. Top it off with the bruschetta, and garnish with cilantro.

**#EveryBiteCounts**

