

Sotiris' Zakynthos Bruschetta

INGREDIENTS:

- 3 ripe medium-size tomatoes
- 6 slices of stale whole-grain sourdough bread, such as wholegrain pain levain, or paximathia (Greek hard rusks)
- 6 kalamata or Amfissa olives, pitted and chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons drained feta cheese, crumbled
- 1 teaspoon oregano leaves, crumbled
- 1 tablespoon chopped parsley

INSTRUCTIONS: Cut the tomatoes into halves and grate them over the large holes of a grater into a bowl. Spread this over the dry bread.

Sprinkle with the olives, olive oil, feta, oregano and parsley. Set aside for 30 minutes. If the bread still seems hard, squeeze another tomato or two over the top and let sit a further 15 minutes or so.

Marlena's variation: Sprinkle several chopped garlic cloves over the bread before the tomato, or rub a cut garlic clove over the bread before adding the toppings.

Serves 6

PER SERVING: 140 calories, 3 g protein, 17 g carbohydrate, 7 g fat (1 g saturated), 3 mg cholesterol, 254 mg sodium, 1 g fiber.