

Arugula Toss on Toast

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 8 - 10

Makes: 35 or more

CChints: This is a light and healthy topping that features arugula. This is a lettuce green that has a slight pepper flavor which gives this topping it's unique flavor.

We like a multi-grain baguette over the traditional white version which can be found in most market's bakery area.

Use a bread knife or one with a serrated edge to cut the thin slices of bread, it will make the task much easier.



3 cups seeded ripe tomatoes, sliced very thin (about 3 medium to large tomatoes)
1/3 cup thinly sliced basil leaves (be sure to measure after you have sliced them)
6 cups or a 4 ounce bag of baby Arugula leaves, long stems removed, roughly chopped
1/2 cup extra-virgin olive oil, divided
2 teaspoons red wine vinegar
3 gloves minced garlic, fresh or from a jar
1-1/2 teaspoons salt, divided
15 inch long multi-grain baguette, cut into 1/3 inch round ovals
Garnish: Freshly grated Parmesan cheese

Preheat oven to 350 degree F and locate 2 baking sheets. Cover the pans with silicone baking mats or foil for easy clean up. If you don't have 2 baking sheets you can bake one pan full and then bake another one.

Wash the tomatoes, cut into sections and discard the seeds. Use a sharp knife and slice thinly, skin side down on a cutting board and put into a mixing bowl. Add the basil and arugula leaves and toss together. In a separate bowl, whisk together 3 tablespoons of the olive oil, vinegar, garlic and half of the salt. Pour over the ingredients in the bowl and gently toss it all to coat all the leaves. Let sit on the counter while you start on the baguette.

Locate a bread knife and cutting board. Slice the bread into 1/3 in round ovals and lay each one on the baking sheets. Use a pastry brush to light brush one side of each piece of bread with the remaining olive oil. Sprinkle lightly with salt and bake for 8 – 10 minutes until they are crisp and golden. Check after 8 minutes to be sure they are not getting too brown.

During this time, stir the arugula topping occasionally and do a little clean up. Locate a serving platter for the toasts. When the toasts are done, remove them from the oven and allow them to cool. You do not want to put the arugula topping on them while they are hot because the leaves will wilt.

When the toasts have cooled, spoon some of the arugula topping on each piece. If you have left over topping, go back and add more to some of the pieces. Garnish all or some of them with Parmesan cheese and transfers to the serving platter. Serve with party napkins and enjoy!

Caroleicious!