



# Tomato Feta Bread Bites

Simple & Delicious Crispy Bread Appetizers, with Feta, Roma Tomatoes and Italian Seasoning

Once again we call on our old friend 'Pillsbury French Bread' to make an ultra fast appetizer. The real flavor-champ of this dish is the olive oil, yogurt, garlic spread that gets brushed over the dough. Best part about this app is that you can prep it ahead of time and bake it last-minute.

## Servings Info.:

Yields: 35 pieces

Servings: 35

Serving: 1 piece



Range

1-

- last checked 02/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Dough:

- 1 tube Pillsbury 'classic' pizza crust. Located in the refrigerated aisle, near the canned biscuits. (see notes)

### Spread:

- 2 Tbsp plain fat free Greek yogurt
- 2 tsp water
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp cracked black pepper, or pinch of regular
- 1/4 tsp 'robust' olive oil (see notes)

### Topping:

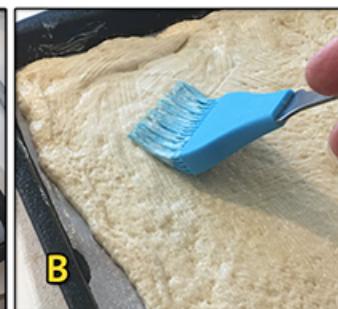
- 1/2 cup reduced fat feta cheese, divided
- 4 or 5 medium roma tomatoes, thin sliced. You want 35 slices. I'm not joking about thin slices, shoot for 1/8" thick, no more.
- 1 tsp dried italian seasoning
- 1 tsp reduced fat parmesan topping (such as Kraft brand)
- 1/2 tsp or so, cracked black pepper
- olive oil cooking spray.

### Additional Stuff (boy, that sounds fancy):

- Parchment paper
- Large baking sheet pan (I used an 11"x17" pan)
- 1-1/2 tsp flour, for dusting

## Directions:

1. Preheat oven to 350 degrees and line large baking sheet pan with parchment paper. Note: I used an 11"x17" sheet pan.



2. (A) Spread 1-1/2 tsp flour over the parchment paper, then open the tube of dough onto the tray. With the dough's seam facing up, carefully unroll/spread out the dough to make a large rectangle. If it loses its shape around the corners, or tears, press the dough together to get the correct shape. I'd also recommend using a rolling pin to slightly stretch out the dough in all 4 directions. (B) In a small cup, mix together the 'Spread' ingredients, till well combined and smooth. Brush the rolled out dough with the Spread, till it's all used up.



3. (A) Sprinkle 1/4 cup of the feta cheese over all of the dough, dispersing it as evenly as possible. (B) Next, place the thin slices of roma tomatoes in even rows, over the entire surface. Depending on how well you were able to roll out your dough, will determine how many tomatoes (and therefore, servings) you will be able to make. If you have less than 35, adjust your points and servings, if necessary.





4. **(A)** Sprinkle the dried Italian seasoning and cracked black pepper over all of the tomato slices, followed by the remaining 1/4 cup of feta cheese. Lastly sprinkle the 1 tsp of parmesan topping over the whole thing. I know, 1 tsp doesn't sound like much... but you're sprinkling it, not powder-coating a Buick, folks. **(B)** Spray the top of the whole-shebang with a 0 point coating of olive oil cooking spray, then place in the oven. Bake at 350 degrees for 25 minutes.



5. **(A)** Remove the baked rectangle o' awesome from the oven. Use a knife, or pizza cutter, to slice between the rows of tomatoes, to make square-ish pieces. **(B)** You can serve these either hot or cold, they are good either way. Feel free to add additional fresh chopped basil for garnish... I was a dork and forgot to buy some from the store. Hence... no pretty herbs in my pics. Use what'cha have folks.

## NOTES & SUGGESTIONS:

- **Dough:** As noted, I used a tube of Pillsbury 'classic' pizza dough. It can be found in most major grocery stores, in most regions of the US. However, if you can't find it, feel free to use any generic store brand pizza dough. However, check and adjust points if necessary.
- **Roma Tomatoes:** I wouldn't recommend using LARGE roma tomatoes. If you use large ones, the tomato slices will be wider, which will result in you not being able to lay as many slices down onto the dough.
- **Cracked Black Pepper:** You don't have to own a fancy pepper-mill to have cracked black pepper. I'm lazy, I just buy a container of the stuff, from the spice aisle of the market. It's a larger and coarser grain than regular finely-ground pepper you might see in old school salt and pepper shakers. If you DO use the fine stuff... don't use as much. There is a LOT more black pepper in a 1/2 tsp of finely ground pepper, than in coarse ground pepper.
- **'Robust' Olive Oil?:** When you go to the store and look at the different olive oils, you'll often see words such as "robust" or "bold" on the label. Get that. My recipes use such a small amount of oil, that you want to use a bottle with a very pronounced flavor, to make sure you get a hint of it with such a small amount.
- **Saucy:** As mentioned, these are fine as-is... but they are meant to be served with a dip of some type. Hey, wouldn't you know it... I know a guy who has a LOT of recipes for dips and sauces!!!
- **Reduced Fat Parmesan Topping:** Look, all you cheese-purists, if you want to use real parmesan, go ahead, I'm not stopping you. I have 2 toddlers, so my house has the Kraft stuff. Also... reduced fat for the win. If you use the real stuff, adjust points if necessary. Also... different brands have different points. Kraft only lets you use 1 tsp for 0 points, BUT... the Walmart brand lets you have even more. So... yeah, go hit up Walmart. Unless you're @chiafullo. Then, you can just rant about 'fake' cheese, kale... and the kids nowadays with their loud music.

