



## Tomato and White Bean Bruschetta

Try mashing the beans separately and spreading it on the crostini before topping with the tomato basil mixture.

### U.S.

1/2 each  
1 Tbsp  
4 cloves  
To taste  
2 large  
1 (15 oz) can  
1/4 tsp  
1 Tbsp  
2 Tbsp  
1 Tbsp

Whole Wheat Baguette  
Olive Oil  
Garlic, minced, divided in 1/2  
Black Pepper, ground, divided in 1/2  
Tomato, globe, diced  
Cannelini Beans, drained, rinsed, partially mashed  
Salt, Kosher  
Balsamic Vinegar  
Basil, fresh, chiffonade (thin ribbons)  
Parmesan Cheese, grated

### Metric

1/2 each  
15 mL  
4 cloves  
To taste  
2 large  
425 g  
1.5 g  
15 mL  
10.6 g  
5 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Cut the baguette into 1/2" thick slices on a bias. Lay slices in a single layer on a sheet pan.
4. In a small bowl combine olive oil with half of the garlic and black pepper. Lightly brush mixture onto each slice of baguette.
5. Bake in oven for 12-15 minutes or until golden brown.
6. In a medium bowl, combine the tomatoes, beans, salt, balsamic vinegar, remaining garlic, basil, and parmesan. Mix well.
7. Top each crostini with 2 Tbsp of tomato mixture. Enjoy!

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## Nutrition Facts

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5 Servings

**Serving size**

**3 slices**

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**Amount per serving**

**Calories** **190**

Calories from Fat 35

**Total Fat** 4 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2 g

**Cholesterol** 0 mg

**Sodium** 310 mg

**Total Carbohydrate** 29 g

Dietary Fiber 6 g

Total Sugars 4 g

Includes 0 g Added Sugars

**Protein** 9 g

Vitamin D 0 %

Calcium 8 %

Iron 10 %

Potassium 400 mg

Phosphorus 82 mg

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