



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	Whole Wheat Baguette
1 Tbsp	Olive Oil
4 cloves	Garlic, minced, divided in 1/2
To taste	Black Pepper, ground, divided in 1/2
2 large	Tomato, globe, diced
1 (15 oz) can	Cannellini Beans, drained, rinsed, partially mashed
1/4 tsp	Salt, Kosher
1 Tbsp	Balsamic Vinegar
2 Tbsp	Basil, fresh, chiffonade (thin ribbons)
1 Tbsp	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!

Nutrition Facts

5 Servings

Serving size

3 slices

Amount per serving

Calories **190**

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
