

White Bean Bruschetta

Try this tasty bruschetta with crispy bread topped with white beans, tomatoes, and spices. Served as a side dish or an appetizer, it is sure to be a crowd pleaser!

Makes: 4 servings
Prep Time: 5 mins

Source: MyPlate National Strategic Partners & The Grain Chain

Ingredients

- 1 whole-wheat French baguette, cut into 12 thin slices along the bias
- 1/4 cup olive oil, divided
- 1 cup white onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup canned navy beans, rinsed and drained
- 2 tomatoes, cored and cubed
- 2 tablespoons balsamic vinegar

Directions

1. Slice the baguette diagonally into thin slices (about 12 slices for a baguette).
2. In a large sauté pan, heat 2 T of the olive oil over medium heat.
3. Place the bread slices in the pan and cook on medium high heat until sizzling and golden. Before flipping the bread, add an additional tablespoon of olive oil to the pan and cook the second side until golden.
4. For the topping, cook the onions and the remaining tablespoon of olive oil over medium heat until the onions are soft, about 7 minutes.
5. Add the garlic, basil and oregano and cook another minute or two, until fragrant.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3 Slices

Nutrients	Amount
Calories:	342
Total Fat:	15 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Sodium:	332 mg
Total Carbohydrates:	43 g
Dietary Fiber:	7 g
Total Sugars:	6 g
Added Sugars:	1 g
Protein	10 g

Utensils Needed

- Measuring cups
- Teaspoon & Tablespoon
- Knife
- Cutting board
- Spoon
- Large sauté pan

6. Add beans and continue cooking for another five minutes on low heat. Add the tomatoes and turn off the heat, allowing tomatoes to warm without cooking.
7. Drizzle the balsamic vinegar into the pan and gently stir.
8. Scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

SHOPPING LIST

Average total cost without oil and seasonings: \$8.87

Average cost/serving: \$2.21

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Wheat French Baguette



Add 1 to Cart
Dried Basil



Add 1 to Cart
White Onion



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Canned Navy Beans



Add 1 to Cart
Balsamic Vinegar



Add 1 to Cart
Fresh Tomatoes

SAVE TIME, SAVE MONEY

Produce Tips:

- Eat while bread is warm for a delicious experience!

My Cooking Notes