



## December 25- White Bean Bruschetta

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/white-bean-bruschetta>

### Recipe

*Ingredients:*

- 1 whole-wheat French baguette, cut into 12 thin slices
- ¼ 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. In a large sauté pan, heat 2 Tablespoons of olive oil over medium heat.
2. 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.
3. For the topping, cook the onions and the remaining tablespoon of olive oil over medium heat until the onions are soft, about 7 minutes.
4. Add the garlic, basil and oregano and cook another minute or two, until fragrant.
5. 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. Drizzle the balsamic vinegar into the pan and gently stir.
6. Scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

Yield 12 servings

Nutrition Facts	
Serving Size 1 piece (78.1g)	
Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 1g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A 2%	Vitamin C 6%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	