

# Tomato White Bean Bruschetta

**Yield: 8 servings**

## Ingredients

1 each whole wheat baguette; cut into 24 pieces

1 ½ tablespoons olive oil

6 cloves garlic; divided in half

½ teaspoon black pepper; ground, divided in half

3 each tomatoes; diced

1 15 oz can cannellini beans; rinsed, drained, partially mashed (15oz can)

½ teaspoon kosher salt

1 ½ tablespoons balsamic vinegar

3 tablespoons basil; chiffonade (thin ribbons)

1 ½ tablespoons Parmesan cheese; grated

## Instructions

1. Preheat oven to 375 degrees.
2. Cut the baguette into ½" thick slices on a bias. Lay slices in a single layer on a sheet pan.
3. In a small bowl combine olive oil with half of the garlic and black pepper. Lightly brush mixture onto each slice of baguette.
4. Bake in the oven for 12 to 15 minutes or until golden brown.
5. In a medium bowl, combine the tomatoes, beans, salt, balsamic vinegar, basil, and Parmesan cheese. Mix well.
6. Top each crostini with 2 tablespoons of tomato mixture. Enjoy!

## Nutrition Information

**Serving Size: 3 slices**

Calories: 187

Total Fat: 4.0 g

Saturated Fat: 0.5 g

Monounsaturated Fat: 2.0 g

Sodium: 489 mg

Total Carbohydrate: 29.0 g

Dietary Fiber: 6.0 g

Sugars: 4.0 g

Protein: 9.0 g

Source: Goldring Center for Culinary Medicine

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