

White Bean Bruschetta

Ingredients

- ¼ cup chopped parsley
- 1 and ½ tablespoons fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 large clove garlic
- 1 19 ounce can cannellini beans or other white beans, drained
- 3 tablespoons extra virgin olive oil, plus extra for brushing on bread
- 2 tablespoons water
- 1 loaf French baguette, cut into thin slices

Directions

1. Preheat grill pan or outdoor grill
2. Place parsley, lemon juice, salt, pepper, garlic and beans in food processor and process until smooth
3. With machine on, slowly add oil through top of machine; Add water, 1 teaspoon at a time, until mixture is creamy
4. Brush bread lightly with olive oil and grill on both sides until grill marks appear
5. Remove from grill and top with white bean mixture.

Serving Size: 1 slice

Sodium content: 119mg Na per serving

Dietician suggests: Use no salt and no-added salt cannellini beans

"This is a great recipe, especially for guests. My children enjoy it too. The recipe incorporates fresh herbs, lemon juice and white beans. Olive oil is heart healthy and we only use a small amount but it gives a lot of flavor from the fresh ingredients. This recipe is very simple and quick."

– Carla, Middletown



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