

## LiveWell

# Tomato and white bean bruschetta

Yield: 10 servings (2 pieces each)



### Ingredients:

1 French baguette loaf (about 10.5 ounces)  
Vegetable oil cooking spray  
1 teaspoon garlic powder  
1 cup drained and rinsed cannellini beans  
1 large Roma tomato, deseeded and diced  
3 garlic cloves, minced  
1 small shallot, finely minced  
2 Tablespoons sliced basil leaves  
1 Tablespoon olive oil  
2 Tablespoons balsamic vinegar  
2 teaspoons Italian seasoning  
1 teaspoon sugar

### Directions:

1. Preheat oven to 350° F.
2. Slice baguette into 20 slices, 3/4 of an inch thick.
3. Spread slices out on a cookie sheet and spray evenly with cooking oil spray, then sprinkle with garlic powder. Toast in the oven for 10 minutes or until golden brown. While bread is toasting, make topping.
4. In a medium bowl add beans and mash lightly with a fork. Then add Roma tomato, garlic, shallots, basil, olive oil, balsamic vinegar, Italian seasoning and sugar. Toss to combine.
5. Top each piece of toasted baguette with 1 Tablespoon of bean mixture and serve.

### Nutrition information per serving:

Calories: 104

Fat: 2 grams

Saturated fat: 0 grams

Cholesterol: 0 mg

Sodium: 128 mg

Carbohydrates: 19 grams

Fiber: 2 grams

Protein: 4 grams

Food exchanges:

1 carbohydrate,

1 vegetable, 1/2 fat