



# Tomato White Bean Bruschetta

**Yield: 8 servings**

## Ingredients

1 whole wheat baguette  
1½ tablespoons extra virgin  
olive oil  
15 ounce can cannellini beans,  
low or no sodium added  
3 roma tomatoes, diced  
3 tablespoons fresh basil leaves,  
cut into thin strips  
1½ tablespoons balsamic vinegar  
1½ teaspoons minced garlic  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper

## Instructions

1. Heat oven to 450 degrees.
2. To make crostinis, cut the baguette into ½ inch thick slices.  
Lay slices in a single layer on a sheet pan, brush or drizzle  
with olive oil.
3. Bake for 7 minutes or until golden brown.
4. Drain and rinse beans, place them in a medium bowl  
and lightly mash.
5. To the beans add tomatoes, basil, balsamic vinegar, garlic,  
salt and pepper. Mix well.
6. Top crostinis evenly with tomato mixture.

## Nutrition Information

**Serving Size:** ⅓ of recipe

Calories: 148  
Total Fat: 3 g  
Saturated Fat: 0.3 g  
Monounsaturated Fat: 2 g  
Polyunsaturated Fat: 0.5 g  
Sodium: 296 mg  
Total Carbohydrate: 24 g  
Dietary Fiber: 4 g  
Sugars: 1 g  
Protein: 6 g

Source: Adapted from Health meets Food

Presented by  
**Culinary Medicine**

Contact Us: [spectrumhealth.org/culinarymedicine](https://spectrumhealth.org/culinarymedicine)

X21877 © Spectrum Health 04.2021



**Spectrum  
Health**

