



# Tomato and White Bean Bruschetta

## INGREDIENTS (serving size: 10)

- 1 French baguette loaf (about 10.5 ounces)
- Avocado cooking oil spray
- 1 teaspoon garlic powder
- 1 cup drained and rinsed cannellini beans
- 1 large Roma tomato, deseeded and diced
- 3 cloves of garlic 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

NUTRITION INFORMATION: 104 Calories; 2 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 128 mg Sodium; 19 grams Carbohydrates; 2 grams Fiber; 4 grams Protein

## DIRECTIONS

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