

White Bean Bruschetta

Serves: 4 as a meal, or 8-12 as an appetizer

Preheat oven to 400 degrees.

2 Tbsp	olive oil	Add oil, paprika, salt and pepper to a small bowl.
1/4 tsp	smoked paprika	Brush mixture onto both sides of the bread slices. Place the bread on a baking sheet and bake for 4 minutes. Flip the bread and bake another 4 minutes or until
1/4 tsp	salt	crispy and slightly browned.
1/4 tsp	black pepper	Remove from the oven and set aside.
1	whole-grain baguette or gluten-free bread (8 oz), sliced into 12 pieces	

2 Tbsp	olive oil	Add oil to a large skillet over medium heat.
2	garlic cloves , finely diced (or 1/2 tsp garlic powder)	Add the garlic and onion and saute for 3 minutes or until beginning to get tender.
1/2 small	yellow onion , diced	

1 can	(15 oz) cannellini beans (or white bean of your choice), no salt added, rinsed and drained	Add to the skillet with the garlic and onions. Stir and cook for one minute.
12	sun-dried tomatoes , chopped	
1 Tbsp	chopped fresh rosemary (or 1 tsp dried rosemary)	
2 tsp	chopped fresh oregano (or 1 tsp dried oregano)	

1/4 cup	dry white wine	Add the wine to the skillet, scraping the pan, and cook just until wine is absorbed (which will only take about one minute).
1/4 cup	chopped fresh parsley	Stir in fresh parsley and remove from heat.
		Spread the bean mixture evenly over the bread. Enjoy!

QUICK TIP 1: If you are taking this to a party, go ahead and cook everything in advance, but wait until you get there to assemble, so the bread doesn't get soggy. Simply reheat the bean topping in the microwave before assembling. Be ready to share the recipe, because you *WILL* be asked for it!

QUICK TIP 2: Another serving option is to simply skip the first step and serve as lettuce wraps, using leaf lettuce or romaine.

QUICK TIP 3: Now that we have you hooked on this bruschetta, try another version with fresh in-season basil... Tomato and Basil Bruschetta at EatRealAmerica.com.

Nutrition Information for 3 slices (as a meal) topped evenly with the bean mixture:

Calories: 395 • Fat: 16 g • Sat Fat: 1.9 g • Chol: 0 mg • Fiber: 9 g • Protein: 12 g • Total Carb: 51 g • Sugars: 6 g • Sodium: 490 mg