

Beans and Spinach Bruschetta



- 1 can (about 15 ounces)
Great Northern or
cannellini beans,
rinsed and drained
- 4 tablespoons extra-
virgin olive oil,
divided
- 2 cloves garlic, minced
- ½ teaspoon salt, divided
- ½ teaspoon black
pepper, divided
- 6 cups spinach, rinsed
and finely chopped
- 1 tablespoon red wine
vinegar
- 16 slices whole grain
baguette

1. Purée beans in food processor, if necessary add 1 to 2 tablespoons water to give a smooth and spreadable texture. Transfer to small bowl.

2. In small pan, heat 1 tablespoon oil and cook and stir garlic, 1 minute.

3. Add heated oil to bean purée. Add about ¼ teaspoon salt and ¼ teaspoon pepper and mix well. Set aside.

4. Heat 1 tablespoon oil in large skillet over medium heat, coating pan with oil. Add spinach and cook 2 to 3 minutes until wilted. Add vinegar, ¼ teaspoon salt and ¼ teaspoon pepper. Set aside.

5. Heat grill (or broiler) to high heat. Brush baguette slices with remaining olive oil. Grill until bread is light brown and crisp. Top with bean purée and spinach. Transfer to serving dish. Serve immediately.

*Makes 16 servings
(1 slice per serving)*

Dietary Exchanges:

1 Fat, 2½ Starch

**Calories 214, Total Fat 5g,
Saturated Fat 0g, Protein 8g,
Carbohydrate 36g, Cholesterol
0mg, Dietary Fiber 5g, Sodium
423mg**

