

White Bean and Tomato Bruschetta

Almost everything for this appetizer can be made ahead. Assemble and heat the bruschetta just before serving. Then, relax.

SERVINGS: 12 appetizers

CARB GRAMS PER SERVING: 11

Rated : Not yet rated



Nutrition Facts Per Serving:

- Servings: 12 appetizers
- Calories 75
- Total Fat (g) 2
- Saturated Fat (g) 0
- Monounsaturated Fat (g) 1
- Polyunsaturated Fat (g) 1
- Cholesterol (mg) 0
- Sodium (mg) 184
- Carbohydrate (g) 11
- Total Sugar (g) 0
- Fiber (g) 1
- Protein (g) 3

Diabetic Exchanges

- Starch (d.e.) 1
- 2 tablespoons oil-packed dried tomatoes
- 1/2 cup snipped watercress or fresh flat-leaf parsley
- 2 tablespoons pine nuts, toasted
- 1 cup canned white kidney beans (cannellini beans), rinsed and drained
- 1 tablespoon fat-free milk
- 2 to 3 teaspoons lemon juice
- 1 teaspoon snipped fresh thyme or 1/4 teaspoon dried thyme, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 cloves garlic, cut up
- 12 1/2-inch-thick slices baguette-style French bread

Watercress sprigs (optional)

1. Preheat broiler. Drain tomatoes, reserving oil; finely snip tomatoes. In a small bowl, combine snipped tomatoes, 1 teaspoon of the reserved oil, the 1/2 cup watercress or parsley, and the pine nuts; set tomato mixture aside.

2. In a food processor or blender, combine another 1 teaspoon of the reserved oil, the beans, milk, lemon juice, thyme, salt, pepper, and garlic. Cover and process or blend until smooth. Set bean mixture aside.

3. Place bread slices on a baking sheet. Broil 4 inches from the heat for 1 1/2 to 2 minutes or until bread is lightly toasted, turning once. Remove from oven; cool slightly.

4. Place about 1 tablespoon of the bean mixture on each of the toasted bread slices, spreading evenly to edges. Broil 4 inches from heat about 1 minute or until bean mixture is warm. Remove from oven. Top each with some of the tomato mixture. If desired, garnish with watercress sprigs. Serve immediately. Makes 12 appetizers.

Make-Ahead Directions: Prepare as directed through step 3. Cover and chill tomato and bean mixtures separately for up to 24 hours. Place toasted baguette slices in an airtight container; store at room temperature for up to 24 hours. Preheat broiler. Continue as directed in step 4.

From www.bhg.com