

Herby White Beans on Toast

Serves 8



Ingredients:

- 4 Tablespoons olive oil, divided
- 6 cloves garlic, minced
- 1 Tablespoon dried or 3 Tablespoons chopped fresh herbs like rosemary, sage, thyme, oregano and/or Italian seasoning
- 1 pinch red pepper flakes (optional)
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 2 (15.5)-ounce cans low-sodium cannellini, great Northern, or other white beans, drained
- ¼ cup water, plus more, if needed
- 1 baguette or ½ loaf Italian bread cut into ½-inch slices
- ½ lemon, juiced

Instructions:

1. In a skillet over medium-low heat, add olive oil. Once warmed, stir in garlic, herbs, red pepper flakes (if using), pepper, and salt.
2. Once fragrant (about 2 minutes), stir in the drained beans and water.
3. Warm beans through, stirring to combine. Using a potato masher or the back of a fork, crush about ¼ of the beans to create a thicker consistency.
4. Meanwhile, in an oven set to 400°F, brush sliced bread with olive oil and arrange on a sheet pan. Toast in the oven for about 5 minutes or until golden brown.
5. If using lemon, squeeze over the skillet before serving. Enjoy beans spooned onto toast (or as a side to your favorite meal)!

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Nutrition Facts

Serving Size 1 × 8 Serving

Amount Per Serving

Calories 201.2

% Daily Value*

| | | |
|---------------------------|----------|------|
| Total Fat | 7.7 g | 10 % |
| Saturated Fat | 1.1 g | 5 % |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0 % |
| Sodium | 210.6 mg | 9 % |
| Total Carbohydrate | 26.3 g | 10 % |
| Dietary Fiber | 4.9 g | 18 % |
| Total Sugars | 1 g | |
| Added Sugars | 0 g | 0 % |
| Protein | 8.2 g | |
| Vitamin D | 0 mcg | 0 % |
| Calcium | 56.1 mg | 4 % |
| Iron | 2.7 mg | 15 % |
| Potassium | 271.5 mg | 6 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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