

University Bariatric Center *Presents*

Healthy Living in the Kitchen

Tuscan White Bean Salad on Crostini

This quick and easy recipe makes an elegant appetizer. Toss the ingredients together about 45 minutes before serving so the salad can chill in the refrigerator. The beans, tomatoes, onions, and parsley are rich in cancer-fighting nutrients and the calorie count easily fits within most diets.

Ingredients

For the salad dressing:

2 teaspoons olive oil, divided

1 garlic clove, minced

1 teaspoon dried oregano

¼ cup cider vinegar



For the bean salad

2 (16-ounce) cans cannellini beans or other with beans, rinsed and drained

1-1/2 cups diced plum tomatoes

½ cup chopped white or yellow sweet onion

½ cup (2 ounces) crumbled blue cheese

1/3 cup chopped fresh parsley

½ teaspoon salt

½ teaspoon ground pepper

For the crostini

Two loaves deli-style bread for the crostini (French, Italian, or whole-wheat)

Directions

To prepare salad dressing:

- In a nonstick skillet, heat 1 teaspoon of olive oil over medium-high heat. Add the garlic and oregano; sauté for 30 seconds. Remove from heat and stir in vinegar.

To prepare the salad:

- In a large bowl, combine remaining teaspoon of olive oil and the next 7 ingredients. (beans through pepper)
- Add the dressing to the bean salad; toss lightly.
- Cover and chill for 30 minutes before serving.

To prepare crostini:

- Slice bread thinly. Toast under a broiler or in the toaster. Top with bean salad.

Note: Cannelloni beans are large, white Italian kidney beans. Great Northern beans, which look like white lima beans, can be substituted for Cannelloni beans in most recipes.

Servings: 8

Calories per serving: 289

Fat grams per serving: 6