

HEALTHY EATING @ home

Recipe brought to you by Paolo Vaspolli, Executive Chef, Food Services

Bruschetta with White Bean Puree



Ingredients

- 2 cups canned beans (preferably white)
- 6 slices prosciutto, chopped
- 1/4 cup onion, minced
- 2 cloves garlic, minced
- Salt & pepper to taste
- Olive oil
- 3 tablespoons finely chopped green onions
- 8 slices, good quality Italian bread

Instructions

1. In a frying pan, cook the prosciutto until browned.
2. Add 1 tablespoon of olive oil and cook the onions until translucent. Add the minced garlic and cook for 1 additional minute.
3. Add the beans, salt and pepper and mix.
4. Cook for a minute or two to heat through, and then using a fork, lightly mash the beans.
5. Remove from the heat and add the chopped green onions.
6. If the mixture seems dry, add a little more olive oil, or water.
7. Grill or broil the bread slices until they are golden brown on both sides.
8. Top with bean mixture
9. Optional: top either a dollop of olive tapenade or roasted pepper strips and lightly drizzle with a little more olive oil and serve.

Optional to Serve

Top bean bruschetta with any of the following:

- Black olive tapenade or strips of roasted red pepper
- Drizzle of extra virgin olive oil
- Drizzle of white truffle oil

Buon Appetito!!