WHITE BEAN CROSTINI

SERVES 6

INGREDIENTS

1 15 ounce Great Northern beans (white beans)
3 tablespoons olive oil
1 1/2 tablespoons balsamic vinegar
2 teaspoons mustard
2 tablespoons chopped fresh herbs (such as basil, thyme or rosemary)
2-3 tablespoons chopped parsley
1/4 cup chopped red onion
Bread and/or vegetables

DIRECTIONS

1. Rinse and drain beans.
3. In blender or food processor, combine remaining ingredients. Blend.
4. Spread onto thin pieces of bread or vegetables.
5. Chop grilled onion and sprinkle on top.

Substitution: If you don’t have balsamic vinegar, combine 1 1/2 tablespoons cider or red wine vinegar with 3/4 teaspoon sugar.

NUTRITION INFORMATION:

| Calories: 270 |
| Fat: 5.4 grams (g) |
| Sodium: 11 milligrams (mg) |
| Calcium: 213 mg |
| Protein: 16.0 g |
| Vitamin A 0% |
| Vitamin C 0% |
| Iron 40% |

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