

White Bean & Tomato Toast

MIND foods: Whole grains, beans, olive oil

Serves 4

Time: 5-10 minutes

Difficulty: Easy

Ingredients

- 4 slices 100% whole-wheat bread
- 1 (15-ounce) can white beans, drained and rinsed
- 1 T extra-virgin olive oil
- 1 lemon, juiced
- Salt and pepper, to taste
- 15-20 cherry tomatoes, quartered
- Optional garnish: zest from lemon used for juice; additional olive oil for garnish



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Method

1. Toast bread.
2. Meanwhile, blend beans, olive oil, lemon juice, salt and pepper until fairly uniform. It should have a spread-like consistency, similar to hummus. If needed, add more olive oil until desired consistency is reached.
3. Spread about 2 tablespoons of the white bean mixture onto each piece of toast, top with halved tomatoes.
4. If using, drizzle with olive oil and garnish with lemon zest.
5. Season with salt and pepper, to taste.



Notes

This recipe makes about 1 ¼ cup of the white bean spread. Leftovers can be refrigerated in an air-tight container to be enjoyed for up to five days. Use it to make this recipe again or enjoy as an easy snack with strips of carrots, celery, cucumbers, or bell peppers.