

WHITE BEAN AND SAGE CROSTINI



1 tbsp (15 mL) canola oil
3 green onions, chopped
2 cloves garlic, minced
1 tbsp (15 mL) chopped fresh sage
1 ¼ cup (300 mL) cooked **navy beans or white kidney beans*** or 1-14 fl oz (398 mL) can, *drained and rinsed*
¼ cup (50 mL) water
1 tsp (5 mL) chicken flavored bouillon granules
¼ cup (50 mL) grated Parmesan cheese
24 slices French baguette, ½ - inch thick

HEAT 1 tbsp oil in a skillet.

ADD green onion, garlic and sage and cook for about 2 minutes. Add beans, water and chicken bouillon and continue to cook until liquid is slightly reduced, about 5 minutes, then add the cheese. Cool to room temperature.

PROCESS bean mixture in a blender or food processor until smooth. If desired, thin bean mixture by adding additional water, 1 tbsp at a time.

PLACE sliced bread on a baking sheet and broil for about 1 minute or until golden on one side and turn for another minute. Spread about 1 tbsp of bean mixture on each slice.

Makes: 24 slices

Nutritional Information (per slice): 77 calories; 2.8 g fat; 2.8 g protein; 12 g carbohydrate; 1.2 g fibre; 1 mg cholesterol; 139 mg sodium.

