

White Bean and Avocado Toast

Ingredients

- 1 19oz can cannellini beans, drained and rinsed
- 1/4 cup olive oil
- 1 Tbs capers, rinsed and chopped
- 2 Tbs fresh dill, chopped
- 1 Tbs Dijon mustard
- 1/2 tsp hot sauce
- 1/2 cup red bell pepper, finely chopped
- 1/2 cup celery, finely chopped
- 4 slices whole grain toast
- 1 clove garlic, halved
- 1 Tbs olive oil
- 1/4 tsp ground black pepper
- 1 avocado, thinly sliced
- Fresh herbs to garnish

Yield: 4 toasts



Amber Phillips, MS, RD
Registered Dietitian



Like chickpeas, cannellini beans easily mash into a high protein versatile spread. This creamy and crunchy toast is full of fiber and heart healthy fats making it a perfect choice for breakfast, lunch, or an afternoon snack.

Instructions:

1. Mash beans in a bowl with fork.
2. Add 1/4 cup olive oil; mash to combine.
3. Stir in capers, dill, mustard, and hot sauce.
4. Pat dry peppers and celery; add to bowl and stir to combine.
5. Rub one side of toast with garlic clove, drizzle with oil, and sprinkle with pepper.
6. Divide avocado slices among the toasts and top with bean mixture and garnish.

Original Recipe by Michael Hannah