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 The olive oil

1/4 tsp ground black pepper

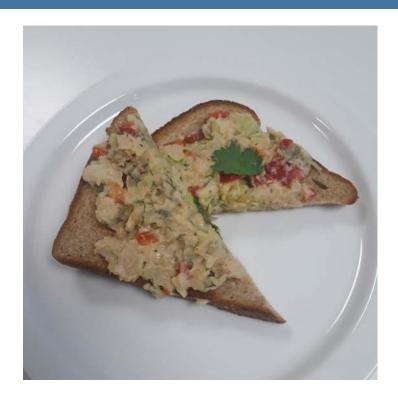
1 avocado, thinly sliced

Fresh herbs to garnish

Yield: 4 toasts



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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

