

White Bean Bruschetta

2 15 oz cans white beans (great northern/cannellini), drained and rinsed

6 TBSP olive oil

2 TBSP red wine vinegar

1 lemon juiced

2 TBSP chopped fresh basil

2 TBSP chopped fresh cilantro

1 TBSP chopped fresh parsley

2 tsp honey

2 garlic cloves minced

¼ tsp dried oregano

¼ tsp salt

¼ tsp pepper

¼ tsp crushed red pepper flakes

2 oz feta cheese crumbled

¼ cup chopped roasted red pepper

2 TBSP chopped sun dried tomatoes

Italian bread

High quality extra virgin olive oil

Instructions:

1. Place the beans in a large bowl.
2. In a small bowl, whisk together the oil, vinegar, lemon juice, herbs, honey, garlic, oregano, salt, pepper and red peppers and tomatoes. Add to beans. Cover the bowl and stick in the fridge for at least 30 minutes.
3. For the bread, drizzle your favorite bread with olive oil - liberally! Heat a skillet over medium heat and add the bread to the skillet once hot. Toast until each side is golden brown and crunchy. Serve the beans on top of the toasted bread.