

Heart Healthy Recipes from Gwinnett Medical Center



Tuscan Bean and Olive Spread

- 6 sun-dried tomato halves, finely chopped (not packed in oil)
- ½ cup boiling water
- 1 can white kidney beans or cannellini beans, drained and rinsed
- 2 Tbsp water
- 1 Tbsp olive oil
- 1 ½ tsp dried basil
- 1 garlic clove, halved
- ½ tsp dried rosemary, crushed
- ¼ tsp pepper
- 1/8 tsp crushed red pepper flakes
- ¼ cup Greek olives, chopped
- Bagel chips

Preparation:

1. In a small bowl, combine the tomatoes and boiling water. Let stand for 5 minutes; drain and set aside.
2. Place the beans, water, oil, basil, garlic, rosemary, pepper and pepper flakes in a food processor; cover and process until well blended. Stir in tomatoes. Transfer to serving bowl; sprinkle with olives. Serve with bagel chips.

¼ cup: 99 calories, 4g fat, 12g carb, 3g protein