

Bean Artichoke and Garlic Rolls

- 1 cup (250mL) pureed Navy beans
- 1 14 fl. oz (398 ml) can artichoke hearts, drained well and chopped
- 1/4 cup (50mL) light miracle whip
- 1 head roasted garlic, mashed*
- 1 clove garlic, crushed
- 2 tbsp (25mL) grated Parmesan cheese
- 1 tsp (5mL) lemon juice
- 1 tsp (5mL) salt
- dash cayenne pepper
- 10 slices brown bread, crusts removed
- 1 tbsp (15mL) olive oil

Preheat oven to 190 C (375 F)

In a bowl, stir together pureed beans, artichoke hearts, miracle whip, roasted garlic, crushed garlic, Parmesan cheese, lemon juice, salt and cayenne pepper.

Lay bread slices flat on counter. Flatted with a rolling pin.

Spread each slice with 2 tbsp (25 mL) of filling. Roll up like jelly roll. Place on baking sheet. Bake for 15 minutes or until lightly browned.

Cut rolls into thirds, serve warm.

* To roast garlic: Cut a thin slice off the top of the head of garlic. Place head on a 15 cm (6 inch) square of tin foil. Drizzle with 1/2 tsp (2 mL) olive oil. Bring foil up around garlic, loosely twist ends together. Bake at 180 C (350 F) 45 minutes or until soft. Let cool, squeeze garlic cloves out of skins.