

Bean and Tomato Bruschetta

- 3 tbsp (45mL) Olive Oil
- 1 cooking onion, diced
- 2 cloves garlic, minced
- 2 tbsp (25mL) fresh sage, finely chopped
- 2 cup (500mL) White pea beans (well cooked and mashed with a fork)
- 2 Plum tomatoes, seeded and diced
- 1 tbsp (15mL) red wine vinegar

Salt and pepper to taste

In a small skillet, heat the olive oil over medium heat. Cook the onion and garlic until softened.

Add the sage and stir to combine. Let cool to room temperature.

In a medium bowl, combine the mashed white pea beans, onion mixture, tomatoes and red win vinegar. Season with salt and pepper

Spoon mixture over grilled pieces of bread.