

Bruschetta 3 ways



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Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients

Green Beans and Rosemary:

- 15 oz can of Cannellini Beans, drained and rinsed
- 1 Tbsp of Rosemary Needles
- Garlic Oil
- Salt and Pepper, to taste
- Lemon Juice

Artichokes and Capers:

- 1 15 oz can of Quartered Artichokes
- 2 Tbsp of Capers
- 2 Tbsp of Fresh Chopped Parsley
- Garlic Oil

Avocado and Mint:

- 1 Avocado
- Fresh Mint
- Pinch of Hot Pepper Flakes
- Salt and Pepper, to taste
- Lemon Juice

For the cannellini beans, in a small saucepan, add 2 tablespoons of garlic oil, allow it to get nice and hot, then add the rosemary, allow to crisp up a bit then add the cannellini beans along with salt and pepper and cook them for a couple minutes smashing them lightly with a wooden spoon. Finish it off with some lemon juice and spread on toasted bread.

For the artichoke hearts:

Add 2 Tablespoons of garlic oil to a skillet, add the artichokes and capers and saute for a few minutes on medium high heat until the artichokes crisp up a bit around the edges. Season with salt and pepper to taste, the fresh parsley and a squeeze of lemon. Spoon on toasted bread.

For the Avocado:

In a bowl smash the avocado along with some salt and lemon juice. Spread on some toasted bread and top with some chili flakes and fresh mint leaves.

