

White Bean Purée & Sautéed Mushrooms on Toast

7 ingredients · 20 minutes · 2 servings



Directions

1. In a food processor, purée the white beans, lemon juice, and half of the olive oil until smooth. Season with salt and pepper to taste.
2. In a medium pan over high heat, add the remaining olive oil. Once the oil is hot, sauté the sliced mushrooms for two to three minutes or until cooked and golden brown. Season with salt and pepper to taste.
3. Spread the white bean purée evenly on top of the toasted bread.
4. Top with sautéed mushrooms and chopped parsley. Enjoy.

Notes

Leftovers

Refrigerate the white bean purée and sautéed mushrooms in separate airtight containers for up to three days.

Serving Size

One serving is equal to approximately 2/3 cup white bean purée and 1/8 cup sautéed mushrooms on one slice of sourdough bread.

More Flavor

Add garlic to the purée and thyme to the sautéed mushrooms.

Additional Toppings

Chili flakes and/or fresh mint.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1 1/2 cups White Navy Beans (cooked, rinsed)
- 1 tsp Lemon Juice
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 White Button Mushrooms (sliced)
- 100 grams Sourdough Bread (toasted)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	453	Vitamin D	5IU
Fat	15g	Vitamin E	2mg
Carbs	62g	Vitamin K	40µg
Fiber	16g	Thiamine	0.4mg
Sugar	2g	Riboflavin	0.4mg
Protein	18g	Niacin	4mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	245mg	Folate	207µg
Potassium	773mg	Vitamin B12	0µg
Vitamin A	160IU	Phosphorous	260mg
Vitamin C	7mg	Magnesium	80mg
Calcium	99mg	Zinc	2mg
Iron	5mg	Selenium	11µg

