

White Beans with Tomato, Basil & Parmesan

Hands-on - 15 min.

Serves 4*

Serve this hot or cold, as a main or side dish. Great with *Cornbread* or whole-grain bread and raw veggies.

Menu

White Beans with Tomato, Basil & Parmesan

Cornbread (page 281) or 9-Grain Bread

Raw Vegetables & Dip

Lemon Sorbet

Note: If you're planning to have *Cornbread* (page 281), mix that up first. Start this recipe once you have the cornbread in the oven.

<p>1 T olive oil 1 tsp minced garlic (2 cloves)</p>	<p>In a 12" nonstick skillet, sauté over medium heat for 3 minutes.</p>
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<p>2 cans (15 oz each) navy, Great Northern, or white kidney beans, rinsed & drained 1 lg ripe tomato, chopped (or 1 cup canned diced tomatoes, drained) 1/4 cup minced fresh parsley (opt) 1 tsp dried basil</p>	<p>Stir in and cook about 7 minutes longer. <i>Meanwhile</i>, slice bread and prep raw veggies.</p>
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<p>1/2 cup grated Parmesan cheese 1 T lemon juice</p>	<p>Mix in just before serving. Serve with <i>Cornbread</i> or 9-grain bread and raw vegetables and dip. Try lemon sorbet for dessert.</p>
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*Serves 4 as the main course or 8 as a side dish.

Nutrition information for 1 cup (main course serving)

Calories	250	Fat	7 g	Fiber	11 g	Sodium	501 mg	Total Carbohydrate	32 g
Calories from Fat	25%	Saturated Fat	2 g	Cholesterol	9 mg	Protein	14 g	Sugars	0 g