

Ingredients

Serves 10

Tinned cannellini beans, drained	400g
Garlic	1 clove
Lemon juice	1 tbs
Olive oil	¼ cup
Salt and pepper	To taste
Bread	20 slices



Method

1. Drain liquid from cannellini beans and place in a food processor. Add garlic and lemon juice and begin to process. While processing, gradually add olive oil until mixture is well combined and smooth. Season lightly with salt and pepper.
2. Spread cannellini bean mixture on both sides of bread. Top with any other desired fillings (see ideas below), slice into quarters and serve.

Nutrition, hints and tips

- Cannellini beans are rich in protein, fibre and iron and make a nutritious sandwich filling for those following a vegetarian or vegan diet.
- Add any salad fillings as desired such as lettuce, sprouts, cucumber, tomato and cheese (not suitable for TM diets).
- The bean mixture can be flavoured with herbs such as rosemary or parsley and served as a dip.
- These sandwiches are delicious served fresh or toasted, or try serving as an open sandwich.
- This mixture can be kept refrigerated (covered) for up to 3 days. This may be handy if your facility only has a few residents requiring vegetarian or vegan sandwich options.
- Serve on toast for breakfast as an alternative to baked beans.

- **For Texture Modified (TM) diets:**
 - 1) Blend the cannellini beans until smooth and lump-free. Additional olive oil can be added during this process if the bean mixture is too dry.
 - 2) Remove crusts from bread and spread pureed beans on both slices of bread. Join slices together.
 - 3) Soak sandwich in a mixture of egg and milk. Make sure the bread is fully soaked.
 - 4) Remove from soaking mixture, place on lined baking tray and bake on a moderate heat until the custard sets.
 - 5) Remove from oven, leave to cool and slice into quarters to serve.
- Any smooth dip can be used as a filling using this soaking method e.g. pureed salmon or chicken.
- Avoid grainy breads for TM diets.