



TUSCAN CIAO DOWN

- 1 PIECE WASA MULTIGRAIN
- 1 TABLESPOON COOKED/CANNED WHITE BEANS, MASHED
- 1 SLICE RED ONION
- 2 GRAPE TOMATOES
- 6 LEAVES BABY ARUGULA
- 1 TEASPOONS SHAVED PARMESAN CHEESE
- SALT AND PEPPER TO TASTE

MASH WHITE BEANS. SLICE ONIONS AND TOMATOES. SPREAD MASHED BEANS ON CRACKER. TOP WITH ONIONS, TOMATOES, ARUGULA, AND PARMESAN. SPRINKLE WITH SALT AND PEPPER TO TASTE.

SERVES ONE.

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