



LONGEVITY
SOLUTIONS

Longevity Living Recipes

Sardinian Tomato & White Bean Crostini

Region: Sardinia, Italy (Blue Zone)

Ingredients: 1 can cannellini beans, 1 cup chopped cherry tomatoes, 2–3 t¹/₂sp olive oil, 1 garlic clove, 1 t¹/₂sp basil, 1 tsp rosemary (optional), juice of ½ lemon + baguette, salt & pepper, aatt tonic. Gaibeer.

Instructions: Toast bread until golden. Combine beans, tomatoes, garlic and herbs in a bowl. Drizzle with olive oil and lemon juice, then season with salt and pepper. Lightly mash some of the beans for texture. Spoon mixture onto toasted bread and serve immediately.

Blue Zone Insight:

Sardinia is one of the world's Blue Zones, home to some of the longest-lived men. Foods include beans, barley, seasonal vegetables, potatoes, and Mediterranean herbs.

Wine, particularly Cannonau, made from Grenache grapes, is known for its high content of antioxidants and flavonoids. Wine is enjoyed in moderation with the company of others as part of social gatherings. This too may contribute to Sardinian longevity.

Recommended Wine:

Cannonau, a red wine from Sardinia known for its rich antioxidant content, pairs well with both dishes.

