**(N) Smart beans on toast (serves 4)**

* 1 red pepper deseeded and finely chopped
* 1 x 420g reduced salt and sugar baked beans
* 4 spring onions finely chopped
* 16 cherry tomatoes halved
* 150g mushrooms
* 4 slices whole meal bread toasted

1. Put pepper and spring onion into a large saucepan with 3 tbsp of water and cook for 3-4 mins until water has evaporated over a low heat.
2. Add beans mushrooms and cherry tomatoes to saucepan
3. And heat gently for 5-6 min, stirring often, until beans are piping hot,
4. Toast bread
5. Place 1 slice of toast on every plate and top with bean mixture