

GARLIC MUSHROOM TOAST WITH POACHED EGG

Did you know that mushrooms are not a plant? No, they're not! They are actually a type of fungus. Mushrooms are considered a superfood because they're a great source of B vitamins, phosphorous, and selenium. Try this fast, easy, tasty, and nutritious recipe for your breakfast!

Yield: 2 servings

Serving Size: 1 portion

Ingredients

- 1 tbsp **butter**
- 3 cups **mushrooms**, sliced
- 2 **garlic** cloves, grated
- **water**
- 2 large **eggs**
- 1 tbsp **white vinegar**
- 2 slices **whole wheat bread** (alternative: sour dough bread)
- 1/8 tsp **salt**
- 1/8 tsp **pepper**
- 1/8 tsp **paprika powder**
- 1 **green onion**, thinly sliced

Instructions:

Mushrooms:

1. In a large cast-iron melt, the butter, then add the mushrooms and stir fry over medium-high heat for 3-4 minutes.
2. Add the garlic and stir fry for another minute. Keep warm.

Poached eggs:

1. Fill a shallow saucepan (one that has a large surface area) with about 3 inches of water and bring it to a simmer.
2. Crack one egg into a small bowl.
3. Add the vinegar to the water saucepan and stir to create a vortex.
4. Pour the egg into the middle of the vortex. Repeat process with the second egg, then set a timer for 3 minutes.
5. After 3 minutes, remove the eggs from water using a slotted spoon. Dab with a paper towel to remove excess water.

To Assemble the Toast:

1. Toast the bread, then pile half of the mushrooms on top of each slice. Add one poached egg gently on top of each piece of toast.
2. Sprinkle with salt, pepper, paprika, and green onions.
3. Serve immediately.

Per Serving: Calories 251, Carbohydrates, 23g, Protein 14 g, Saturated Fat 5 g, Sodium 349 mg, Fiber 4 g, Sugars 5 g

This recipe was adapted from www.whereismyspoon.co/.